

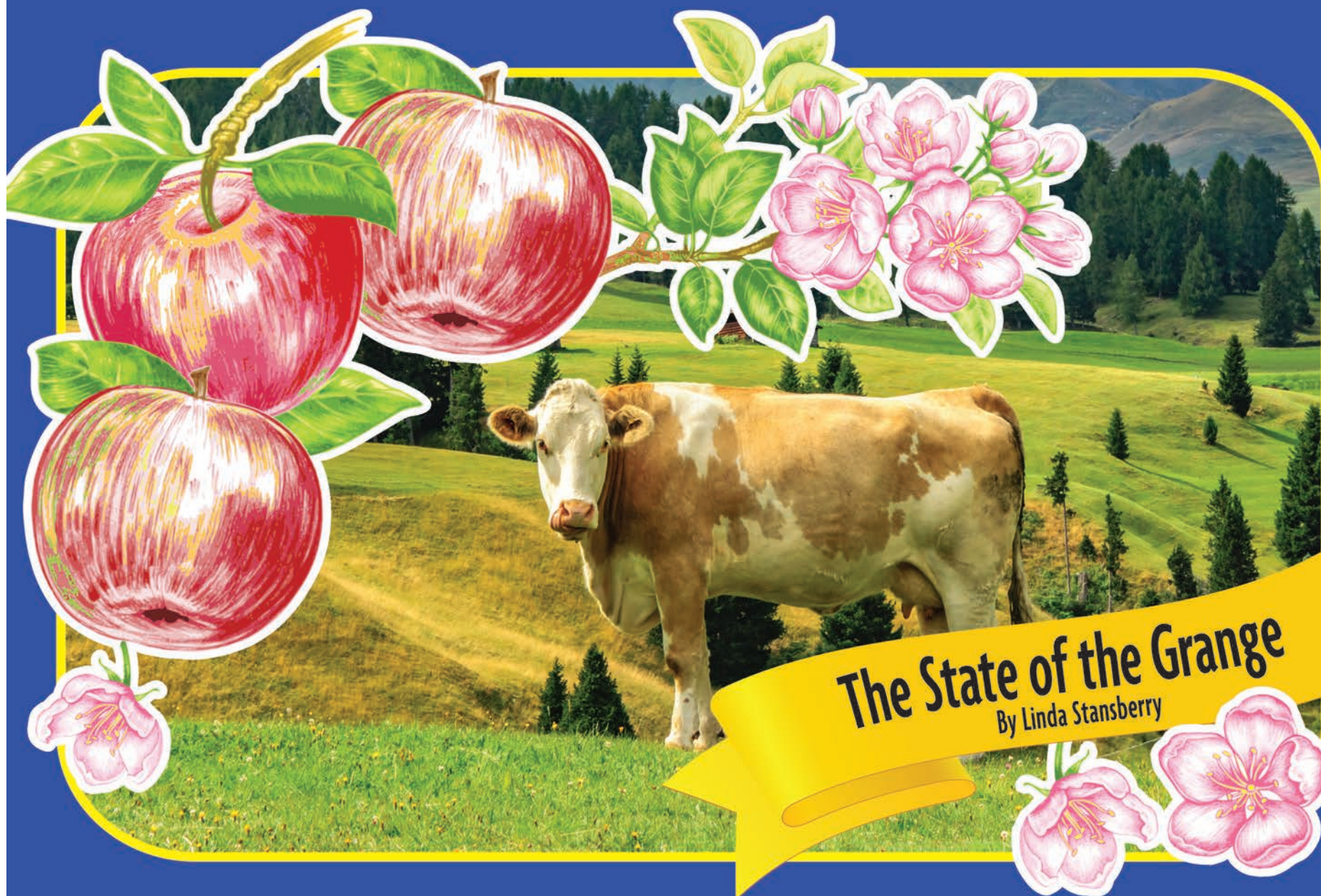
North Coast
Journal
of Politics, People and Art

HUMBOLDT COUNTY, CALIF. • FREE

Thursday Jan. 7, 2016

Vol XXVII Issue 1

northcoastjournal.com



6 Curbing crashes

16 Crustacean cravings?

18 C Street capers

COMING SOON!



**\$1 DOWN.
\$10 A MONTH.
NO COMMITMENT.**

EXPIRES THURSDAY, JANUARY 14, 2016



Pre-Sale Office:
3300 Broadway, Suite 126
Eureka CA 95501
(Just past the Food Court inside the Bayshore Mall)

3300 Broadway, Suite 700
Eureka CA 95501
(707) 492-5353

**PRE-GRAND OPENING
SALE HOURS:**
Monday - Friday 10am - 7pm
Saturday & Sunday 10am - 5pm



**HOURS OF OPERATION
ONCE OPEN:**
5am Monday thru 9pm Friday
Saturday & Sunday 7am - 9pm

To join online visit planetfitness.com



*Home Club only. Billed monthly to a checking account. Subject to \$29 annual membership fee.
With a \$1 One Time Start Up Fee. Includes T-shirt. Must be at least 18 years old, or 13 with parent/guardian. Incentives offered for enrolling
in other memberships. Participating locations only. Planet Fitness facilities are independently owned and operated. ©Planet Fitness



COLLEGE OF THE REDWOODS

..... **EXPAND YOUR**
Options



**REGISTER
FOR SPRING
CLASSES
NOW!**

Semester begins Jan. 16, 2016

► **Excellent**

Academic & Career
Technical Education

► **Affordable fees**

\$46/unit
*Financial aid options are available
to those who qualify.*

NEW! *Associate Degrees for Transfer*

- Administration of Justice
- Anthropology
- Business Administration
- Communication Studies
- Early Childhood Education
- English
- Geology
- History
- Kinesiology
- Mathematics
- Physics
- Political Science
- Psychology
- Sociology
- Studio Arts

*A student
completing
these degrees
will transfer as
a junior into a
similar major at
Humboldt State
or another CSU.
Learn more at
redwoods.edu/transfer*

Get started at
www.redwoods.edu/admissions/apply/

Contents

- 4 Mailbox**
- 5 Poem**
Winter Solstice
- 6 News**
Look Both Ways
- 9 Week in Weed**
Tick, Tock
- 10 NCJ Daily**
- 11 On The Cover**
The State of the Grange
- 15 Table Talk**
Bara Brith
- 16 Get Out!**
Cray Cray
- 17 Arts! Arcata**
Friday, Jan. 8, 6-9 p.m.
- 18 Art Beat**
Iconoclasm Spasm
- 19 Home & Garden**
Service Directory
- 21 The Setlist**
Getting Better
- 22 Music & More!**
Live Entertainment Grid
- 26 Calendar**
- 29 Filmland**
Haters
- 30 Workshops & Classes**
- 34 Sudoku & Crossword**
- 34 Classifieds**



Breakfast at the Freshwater Grange.
Photo by Mark Larsen

On the Cover
Illustration by Christian Pennington

North Coast journal of People, Politics and Art

Jan. 7, 2016 • Volume XXVII Issue 1

North Coast Journal Inc.
www.northcoastjournal.com

ISSN 1099-7571 © Copyright 2016

Publisher

Judy Hodgson
judy@northcoastjournal.com

News Editor

Thadeus Greenon
thad@northcoastjournal.com

Arts & Features Editor

Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

Assistant Editor/Staff Writer

Grant Scott-Goforth
grant@northcoastjournal.com

Staff Writer

Linda Stansberry
linda@northcoastjournal.com

Calendar Editor

Kali Cozyris
calendar@northcoastjournal.com

Contributing Writers

John J. Bennett, Simona Carini, Barry Evans,
Andy Powell, Genevieve Schmidt

Art Director/Production Manager

Holly Harvey
holly@northcoastjournal.com

Graphic Design/Production

Miles Eggleston, Carolyn Fernandez,
Christian Pennington, Jonathan Webster
ncjads@northcoastjournal.com

General Manager

Chuck Leishman
chuck@northcoastjournal.com

Advertising Manager

Melissa Sanderson
melissa@northcoastjournal.com

Advertising Assistant

Maddy Rueda
maddy@northcoastjournal.com

Advertising

Mike Herring mike@northcoastjournal.com
Daniel Keating daniel@northcoastjournal.com
Tad Sarvinski tad@northcoastjournal.com
Kyle Windham kyle@northcoastjournal.com

Classified Advertising

Mark Boyd
classified@northcoastjournal.com

Marketing & Promotions Manager

Drew Hyland
drew@northcoastjournal.com

Office Manager/Bookkeeper

Deborah Henry
billing@northcoastjournal.com

Mail/Office

310 F St., Eureka, CA 95501
707 442-1400 FAX: 707 442-1401
www.northcoastjournal.com

Press Releases

newsroom@northcoastjournal.com

Letters to the Editor

letters@northcoastjournal.com

Events/A&E

calendar@northcoastjournal.com

Music

thesetlist@northcoastjournal.com

Classified/Workshops

classified@northcoastjournal.com



The North Coast Journal is a weekly newspaper serving Humboldt County. Circulation: 21,000 copies distributed FREE at more than 450 locations. Mail subscriptions: \$39 / 52 issues. Single back issues mailed / \$2.50. Entire contents of the North Coast Journal are copyrighted. No article may be reprinted without publisher's written permission. Printed on recycled paper with soy-based ink.

Furniture & Futons



Solid Wood Furniture
Finished and Unfinished

822-0312

Futons, Beds, Dressers, Bookcases, Desks,
Tables, Lamps, Rugs and More

**ARCATA
EXCHANGE**
FURNITURE ON THE PLAZA

FACEBOOK: Arcata Exchange, Furniture on the Plaza

813 H Street • Arcata • Open 7 Days • Mon-Sat 10-6 • Sun 12-5

FINANCING
AVAILABLE

- Serious Felonies
- Cultivation/Drug Possession
- DUI/DMV Hearings
- Collective/Cooperative Agreements
- Cannabis Business Compliance
- Domestic Violence
- Pre-Arrest Counseling

FREE CONSULTATION
For Defense Work Only

732 5th Street, Suite C
Eureka, CA 95501

info@humboldtjustice.com
www.humboldtjustice.com

707.268.8600



Kathleen Bryson
Attorney

Former Humboldt County Deputy District Attorney
Member of National Organization for the Reform of Marijuana Laws (NORML)
Member California DUI Lawyers Association

CONSULTATIONS AVAILABLE IN GARBerville BY APPOINTMENT

Golden Omission

Editor:

Perhaps *NCJ* should have published
“The Top 11 Stories of 2015.”

Near the top of your list ("The Top 10 Stories of 2015," Dec. 31) should have been an event of international significance: the relaunch of the Golden Rule on June 20. Peaceniks and sea-dogs from across the country and from across the decades came to Fairhaven to support and witness

this reaffirmation of people's power to claim a hopeful future for our planet. This wee vessel's 1958 voyage resulted in a worldwide ban of atmospheric tests of atomic weapons and inspired the creation of Greenpeace. Today, she is educating and inspiring active peacemaking and environmental protection.

She has recently returned to her home port of Eureka from San Diego (and points in between). Soon she heads north, stop-

ping in many communities along the way. If you want to offer support or “ketch” up on her history, mission, and progress, visit the website: www.vfpgoldenruleproject.org.

Chip Sharpe, Bayside CA

Movie of the Year

Editor:

John J. Bennett left out several great movies from 2015 ("Filmland," Dec. 31).

Bridge of Spies was possibly the best of the year. *Grandma* and *Room* were two other greats not mentioned by Bennett. I agree with him about *Spotlight* and will have to catch up on some of his others, but I won't be watching *Mad Max: Fury Road*, *The Gift* or *Krampus* unless they show up on TV on some cold, wet Hum-boldt day!

Adelene Jones, Blue Lake

Mirror, Mirror

Editor:

Barry Evans ("Field Notes," Dec. 31) perpetuates a common misconception by stating that a mirror reverses left and right. If that were true, up would be reversed with down. Actually, a mirror inverts back to front. When you face north, your image faces south, and thus appears to be left-handed.

Don Garlick, Fieldbrook

Hope for the Homeless

Editor:

Over 30 years ago, my wife and I built a home in Humboldt. We went on to have careers in the community and have happily paid our taxes and voted in every election, knowing that we were blessed to live in a place that offered fresh ocean air and natural beauty, but also thinking that we lived in a place of incredible moral values as well. We witnessed wonderful ethics being practiced as people protected their environment and looked out for fellow citizens.

In view of this, I was surprised and dismayed to receive an article the other day, from a friend who lives elsewhere, entitled, "These Fifteen American Cities Are Destroying Homeless Camps Just Days Before Christmas" (By Tom Cahil, *Global Research*, Dec. 22) and there was Eureka, listed as one on those cities. (See also, "From NCJ Daily," Dec. 17.)

I have read and researched the arguments around this problem we have here concerning homelessness. I have heard various people claim that the homeless feel entitled, are dangerous predators, and are responsible for their own predicament, arguments which I find in most cases to be completely false. A statistic that has stayed with me is that there are more vets of the Vietnam War homeless on American streets right now than died in that conflict. Another fact is that over 2.5 million children, one in every 30, experience homelessness in this country every year, and Humboldt has its share of them. Vietnam vets predators? Children responsible for their homeless predicament?

I don't think so.

LIVE ENTERTAINMENT & EVENTS

Thirsty Bear LOUNGE

1.8 THE BACKSTREET BAND Classic Rock
 1.9 VINTAGE ROCK & SOUL Rock/R&B Variety
 1.15 THE ROADMASTERS Classic Country
 1.16 THE UPTOWN KINGS Blues

1.22 THE UNDERCOVERS Classic Rock/Top 40s
 1.23 DOUG FIR & THE 2X4's Classic Rock
 1.29 THE 707 BAND Rock/Hard Rock/Pop Rock
 1.30 BLUE RHYTHM REVUE Blues

FRIDAYS & SATURDAYS | 9PM - 1AM **FEATURED LIVE MUSIC**

EVERY THURSDAY | 8PM **KARAOKE**

HAPPY HOUR | 5PM - 7PM **7 DAYS A WEEK!**

ULTIMATE ELVIS EXTRAVAGANZA

FEATURING TRAVIS POWELL

JANUARY 23RD | 8 PM | **TICKETS ON SALE NOW**

Purchase tickets at bearrivercasino.com

TICKETS:

VIP \$150

Exclusive cocktail table for
two and a \$50 DINNER VOUCHER

Front Row \$50

Second Row Seating \$45

General Admission \$35

Standing Room Only \$25

be entertained.

BEAR RIVER
CASINO & HOTEL

800.761.2327
bearrivercasino.com

Must be 21 years or older to enter Casino, or accompanied by an adult. Event and promotional details are subject to change. Management reserves all rights. Visit Casino Services for full details.



Terry Torgerson.

There are feasible, practical solutions for this. Our Humboldt County Board of Supervisors and the Eureka City Council have an opportunity to resolve this crisis — for a crisis is what it is — by declaring a shelter crisis in Humboldt County. I urge them to do the right thing.

Chris Chapin, Eureka

Editor:

I have been a citizen of Eureka, California, for all my life and I'm a local Muslim who helps the homeless people with issues, support such as food, sleeping bags and covers, and sometimes references places to sleep for the night.

For a few weeks, there have been issues going on at night when Eureka Police officers are on patrol acting like cowboys and making homeless people's lives a living hell.

The big issues is that EPD officers who are on patrol at night often patrol sites

Winter Solstice

Leaning away now
Celebrating our darkness,
Hugging relatives.

— Kirk Gothier

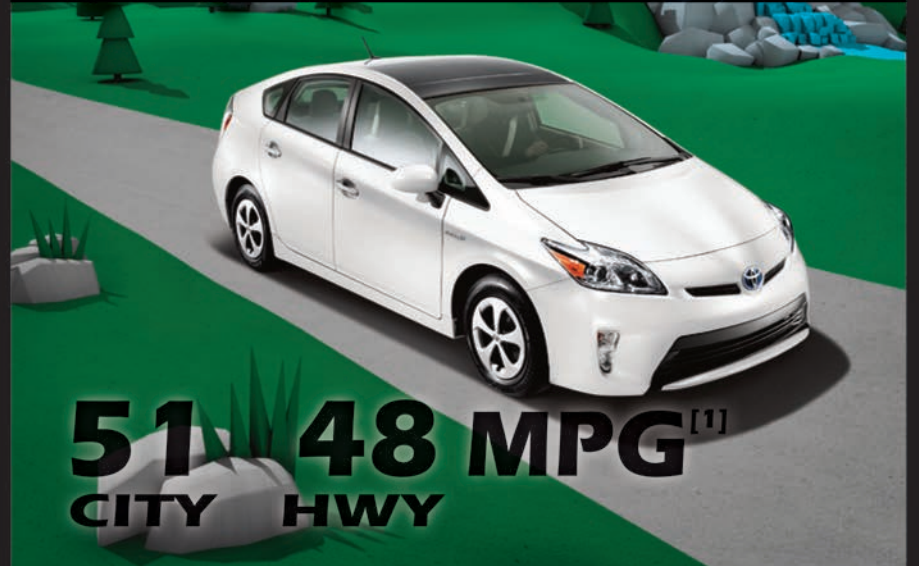
where homeless people, some with families, including children are sound asleep trying to get rest for the next day. Most of these people are victims of circumstances, mostly economic and issues with drugs and alcohol abuse.

Homeless people are often forced out of their sleeping area onto the streets, and recently, due to El Niño, weather has not

Continued on next page »

NEW 2015

 **prius** liftback



\$3000 or **0% APR***
FACTORY REBATE FOR 60 MONTHS

*0% financing is through Toyota Financial Services on Tier 1/1+ credit approval. Not all buyers will qualify. Offer ends 02/01/16



(707) 443-4871
www.mid-citytoyota.com

Mon - Fri: 8:30am to 7:00pm
Saturday: 9:00am to 6:00pm
Sunday: 11:00am to 5:00pm



TOYOTA
Let's Go Places

All advertised prices exclude government fees and taxes, any finance charges, and any emission testing charge. All new car fees include a \$80 dealer doc. fee. *Based on 2015 EPA mileage ratings. Use for comparison purposes only. Your actual mileage will vary depending on how you drive and maintain your vehicle.

 **northcoastjournal**

Pacific Outfitters

Arcata
7th & G, 707-822-0321

Eureka
5th & R, 707-443-6328

Ukiah
955 N. State, 707-468-6474

START HERE

MAKE **ADVENTURE** YOUR **2016** RESOLUTION

PacificOutfitters.com



GET OUTDOORS!

Change a life forever



Teach kids that their communities care about them. Become a foster parent. Foster parents are needed throughout Humboldt County. Stipends and other supports are provided.

If there's room in your home for a child or teen, please call
707-499-3410



HUNGRY?

m.northcoastjournal.com

Search nearby locations, by neighborhood, type of food, price or even those that feature local ingredients.



Mailbox

Continued from previous page

been favorable: heavy rains, high winds and freezing temperatures.

Recently at a Eureka City Council meeting, a proposal was presented about activating the emergency shelter; the mayor didn't seem to really care.

We need to get the faith based organizations involved.

Please, I ask you. When a homeless person or family finds a dry place to sleep, they should be allowed to stay there with no interruptions.

Charles Abdul Jabbar, Eureka

Some Controls Necessary

Editor:

First, I don't own a gun nor am I opposed to the ownership of guns (rifles and shotguns) by people who enjoy hunting ("Tipping Point?" Dec. 10). However, I am uneasy and don't understand several things related to guns.

Why is a license not required to own a gun and why is it not required to be registered? I must have a license to fish and have "tags" for both salmon and steelhead and register those tags yearly. I must have a driver's license and every car I own must be registered. Also, many businesses and professionals must have a license, certification or credential. If I travel outside of the U.S. I must have a passport. Years ago, when I reached a certain age, I had to register with the draft board and register with the Social Security Administration.

Should I consider any of this a burden or a limit on my freedom? Not at all, I felt this to be a bargain basement price for living in a democratic country. Second, I don't understand why some people and organizations oppose even background checks, limiting the sale of the so-called "cop killer bullets" or relating the sale of assault weapons. Are they afraid we will be threatened by a herd of charging elk?

Bruce M. Haston, Trinidad

Correction

An article in the Dec. 31 issue, "Theory of Evolution" named Laurie Tamiatti as co-owner of Evolution Academy for the Arts. Tamiatti is the event and communications director; the co-owners are Brent Eviston and Sarah Fay Phillips. The *Journal* regrets the error.

Write a Letter!

Please try to make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com ●

News

Look Both Ways

Securing Eureka's most dangerous intersections

By Grant Scott-Goforth

newsroom@northcoastjournal.com

Data collected by the city of Eureka shows dangerous intersections along the city's thoroughfares.
Miles Eggleston for the Journal

Following a terrible year for countywide traffic deaths, Eureka is continuing its push to make its streets safer.

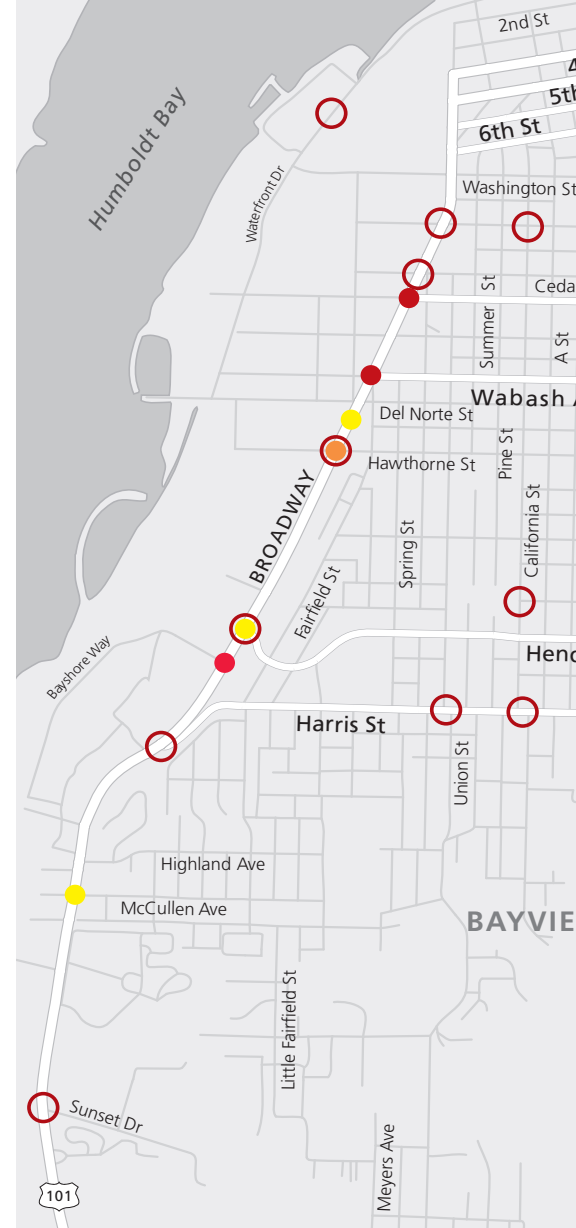
In August, the city produced a transportation safety action plan, a collection of data, goals and priorities to lower the number of collisions in city limits.

To do that, the city needed to look at car crashes. In the five years between Jan. 1, 2010 and Dec. 31, 2014, the city recorded 4,010 crashes, about 800 a year. Sixty-eight percent of those caused property damage only, but more than 1,200 caused injuries. Seventeen were fatal.

While city data shows a downward trend in all types of collisions except fatal ones since 2012, they remain a costly problem for the community. Using national figures, the city estimates that the five years' worth of traffic accidents in Eureka cost more than \$150 million. That, of course, doesn't take into account the emotional (and associated economic) costs of losing loved ones or living in a community with a high rate of car crashes.

Looking to further explore the problem, the city developed a map of the "high incidence locations," intersections where the most injury crashes have occurred in the last five years. The map

High Injury Collision Incidence Locations

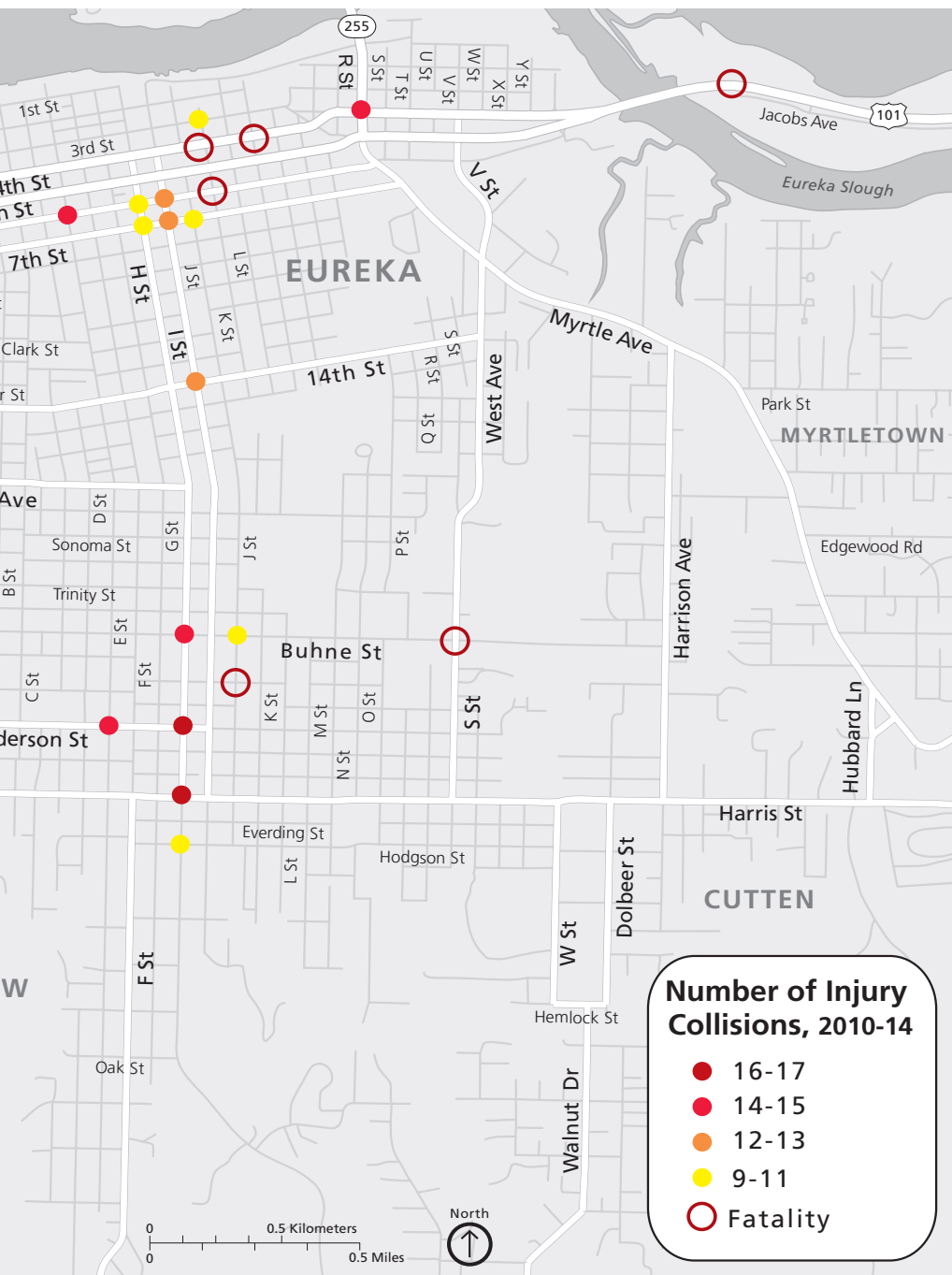


paints a stark picture, highlighting a large number of tragic accidents along some of the city's most traveled corridors: Broadway, Fourth and Fifth streets, as well as H, I and J streets.

That's partly to be expected; the most trafficked streets are where accidents are going to be more concentrated. But it also raises questions: Why are these crashes happening, and what can the city do to prevent them?

Maps and data in hand, staff is now setting out to answer those questions, but they face plenty of challenges. Police Chief Andy Mills said the city's taking a three-pronged approach.

Identifying the cause of crashes, and the actions that will best prevent future crashes, is hard to do. The "primary collision factors" in the city's report are automobile right-of-way violations, sign and signal violations and driving at unsafe



speeds — categories that seem to cover a wide variety of vehicular misbehavior. And at any given intersection, the root of that misbehavior might be different. If someone turns left at a red light, that could be a lack of education; if he or she runs through the stoplight, that might be an enforcement issue; if the stoplight is hard to see because of its angle or tree branches, a change in infrastructure might be necessary.

First is education. Getting people to slow down, obey laws and stay off their cell phones is paramount to public safety, and Mills said the city has a number of ongoing efforts to educate people, from handing them informational pamphlets during traffic stops to hands-on high school programs and social media campaigns.

"It takes all of these mediums to make sure people are informed," Mills said.

But the results of education programs are somewhat intangible. Mills said he couldn't tell if the city's "Heads Up" campaign — fliers, ads and posters distributed around town asking pedestrians and drivers to be careful of one another — had any effect on overall safety. Last year's summer months saw a 35-percent reduction in injury collisions, according to a report in the city's December newsletter — good news, no doubt — but Mills was quick to point out that it was a snapshot and not necessarily indicative of a trend.

Second comes enforcement. That's an area where the city is currently struggling a bit. Mills said he's down to one traffic officer, with one having left recently and another officer undergoing unrelated training. From 2010 through 2014, the department had three dedicated traffic

Continued on next page »

RESTAURANTS

A-Z
400+ Locations

ON NEWSSTANDS:



ON THE GO:
m.northcoastjournal.com

DR. PAUL DOMANCHUK
OPTOMETRIST

THE VISION CENTER

Providing Eye Care & Eye Wear for over 50 years.

DR. KENNETH KAISER

OPTOMETRIST

Previously with Eye of the Phoenix

616 H STREET • EUREKA

443-1619

"Redwood Coast PACE is not just a success for John – it's made a difference for both of us."

Brenda, John's sister & caregiver



Tim Haskett, GNP

Redwood Coast PACE is a specialized health plan that helps qualified seniors with significant health needs to remain as independent as possible.

At Redwood Coast PACE, each participant's health, quality of life and well-being are our top priority.

Redwood Coast PACE is now enrolling.

Call us at 707-443-9747.



Program of All-inclusive Care for the Elderly
A program of the Humboldt Senior Resource Center

TTY 711 - California Relay Service • www.humsenior.org

1910 California Street, Eureka CA 95501

Essential elements

e²=self-care

Enhance your self-care with our
Annual Spa Membership

Pick your monthly service & save \$5 off per month:
Massage, Facial, or AromaTouch Technique

Book a 2nd spa service that month & get 25% off!

Receive a complimentary spa add-on once a month!

Earn Loyalty Reward Points 1,000 points=\$10.00 spa credit

Nurture yourself at
www.essentialelementsspa.com
(707) 839-7772 1639 Central Avenue, McKinleyville



Choosing The Right Medical Cannabis

Can be confusing at first with so many different and unusual names and choices. That being said, it is much easier to find a medical cannabis product that will work for you once you have figured out what your desired effect is.

We are learning so much more about this wonderful plant all the time. We now know that aspects of cannabis such as the flavor, contributes to the effect. Remember, “The nose knows” – So trust your instincts and keep a personal cannabis journal to note how certain strains affect you. One very important factor in choosing the right medicine for yourself is that each strain has a limit to the amount and type of cannabinoids that can be received by your body at a certain time. This is why you gain a tolerance faster to certain strains and others seem to medicate the same way for longer. By choosing to use different strains, and different methods of ingestions, such as using edibles or vaporizing, it is easier to keep your cannabinoid receptors fresh and ready to be activated by the next type of medicine you are using. This will help you conserve your medicine and get the maximum effect from it, and it can also help to reach the desired cannabinoid balance you are looking for. Each patient has an individual reaction to each type of medicine tried, and experimentation with different types of strains and methods of use is essential for the new patient.

In very little time, you’ll be able to determine what works best for you. We are here to help you find what will work best for your needs. Please feel free to come to us with any questions or concerns. We believe in the “Heart of Humboldt” and professional and compassionate care is what you will always receive here.



6th & I St., Arcata • (707) 822-9330

News

Continued from previous page



Emergency workers respond to a pedestrian hit by a car on Broadway.

Mark McKenna.

officers per year (four in 2013), and gave out thousands of citations for cell phone, speeding, DUI and other violations.

With the city’s new maps, Mills said, he may be able to tell beat officers to focus on traffic violations at problem intersections. And, he said, the city may turn to enforcement tools like red light cameras that automatically cite violators. Those can be costly to implement, he said, but can pay for themselves and allow enforcement without boots on the ground.

Red light cameras hint at the city’s third strategy: infrastructure. With high-incident intersections identified, the city’s next step is to visit them and identify problems with road layout, visibility, signage, signal timing and other safety issues. Mills said they’ll prioritize intersections with the highest number of injuries and fatal collisions.

In the transportation safety action plan, there’s a vast list of street improvement projects the city has completed in the last five years. Currently, only four “future projects” are included in the plan; presumably, with the city’s newly compiled data, that list will grow. But, Mills said things are in a bit of a holding pattern, with his limited traffic staff and the city’s traffic project manager, Sheila Parrott, slated to leave the job soon.

In an email, Parrott said the city’s cur-

rently working on a timing upgrade for all of its signals — but that doesn’t include signals on the U.S. Highway 101 corridor through Eureka, which belong to Caltrans. The state agency’s local chief of traffic safety, David Morgan, said his agency has been focusing on the intersections where State Route 255 crosses Fourth and Fifth

streets on the north side of Eureka. Caltrans has changed signals there and plans to improve south-bound traffic flow by adding a third lane from V to R streets.

The agency is also hoping to close the Fairfield Street “fifth leg” at the intersection of Broadway and Wabash. Morgan said the proposal

Mills said they’ll prioritize intersections with the highest number of injuries and fatal collisions.

has been presented to the city and that he expects it will be approved.

Most of Eureka’s traffic collisions — at least from Caltrans’ perspective — are congestion-related. “Eureka is a thoroughfare for so much traffic,” Morgan said. “We do have congestion. It’s something we’re always thinking about.” ●

Tick, Tock

By Grant Scott-Goforth

newsroom@northcoastjournal.com

The Fortuna City Council voted unanimously Jan. 4 (with Councilmember Linda Gardner absent) to approve the first reading of an ordinance banning almost any medical marijuana activity, including cultivation for personal use, within city limits.

The city already has a ban on medical marijuana dispensaries on its books, but the expansion of the prohibitions, City Clerk Linda McGill told the *Journal*, was to maintain the city's local control when state regulations go into effect. The deadline for local ordinances to be in place is March 1, prompting a statewide scramble for city and county laws.

McGill says the council will likely revisit the issue, and that it's easier to pass strict regulations and loosen them later, rather than the other way around. She added that the League of California Cities is promoting prohibitions as a way for cities to maintain local regulatory control and revisit the issue after deadline.

The council will bring the ordinance back for a second reading on Jan. 18. If it's approved then, it will go into effect 30 days later.

As the *Journal* went to press, the Humboldt County Board of Supervisors was holding its own discussion of a proposed outdoor medical marijuana cultivation ordinance — the same one that did a speed-run through the planning commission in November.

The board, in addition to hearing loads of public comment, began to discuss how it would prioritize the issues before it and come to a consensus in order to reach the March 1 deadline.

As the gears of bureaucracy run at full steam, environmental groups may pose the latest threat to a timely resolution.

Any law, as drafted by staff and approved by the board of supervisors, must come complete with a statement that it won't have a negative impact on the environment to avoid a full-blown environmental review, according to state law. This is called the mitigated negative declaration, and county staff has been drafting one of these documents as it writes and rewrites the proposed ordinance.

At the board's Dec. 15 hearing on the matter, Lovelace pointed out that that the county's challenge is greater than proving that its mitigated negative declaration is sufficient. It has to avoid a challenge to the document under California's Environmental Quality Act — if someone, or some group, demands a state review, the county will miss its March 1 deadline and cede all control of the local medical marijuana industry to the state. "We're done," Lovelace said.

Local enviro heavyweights the Environmental Protection Information Center (EPIC), Northcoast Environmental Center (NEC), Humboldt Baykeeper and Safe Alternatives for our Forest Environment (SAFE) have seized on that fear. In a letter submitted to the board at the end of last year, the sometimes litigious groups write that the draft approved by the planning commission in November, which the supervisors are currently operating off of, does not match up with the accompanying mitigated negative declaration. All but threatening a lawsuit, the environmental groups write that the planning commission draft "strayed too far from the circulated MND and risks tying up this necessary and important ordinance in litigation."

To resolve that, the groups encourage supervisors to prohibit new marijuana grows in timber production zones and increase the types of grows that would require discretionary review, protections environmentalists have been seeking since the beginning.

"To move forward in a timely manner while bringing the cannabis community into the light and improving environmental conditions, we urge the Board to cautiously stay within the bounds of the circulated mitigated negative declaration," the letter reads.

The groups certainly have the capacity to challenge the declaration — but whether the supervisors take that threat seriously enough to tighten the drafted ordinance, and whether environmentalists would risk ceding local control by officially disputing the draft, remains to be seen. The *Journal* will continue to cover the topic.

GLASSHOUSE

GARDEN SUPPLY

707-786-3904
597 Fernbridge Dr.
Fortuna, CA 95540

FOR ALL YOUR GARDEN, HARVEST AND EXTRACTION NEEDS


GLASSCUTTER
COMMERCIAL DRY TRIMMER
10-12lb per load

Extractors!!!
Ovens!!!
Butane!!!

Proud Provider of:

mills
YIPPIE
EMERALD HARVEST
HUMBOLDT NUTRIENTS
Xtreme
HUMBOLDT COUNTY'S OWN

(707) 786-3904 597 Fernbridge Dr. Fortuna, California, 95540 glasshousegardensupply.com



Gallegos

LAW FIRM

Family Law Civil Litigation Criminal Defense

State and Federal Courts

Joan M. Gallegos & Paul V. Gallegos

707.441.8477

804 3RD Street, Suite C, Eureka

City Mulls Shelter Crisis

As the *Journal* went to press, the Eureka City Council was set to discuss two items related to the city's homeless: the feasibility of a temporary, sanctioned camp and whether or not the city should declare a shelter crisis. A city-owned parking lot at the corner of Washington and Koster streets has been identified as a potential temporary camp.

Nearly 500 people signed a petition distributed by the group Affordable Homeless Housing Alternatives requesting the city declare a shelter crisis, but if the report compiled by city staff in advance of the meeting is any indication, passing of such an ordinance seems unlikely.

The report states that "Eureka has had an adequate number of beds available for those who choose to avail themselves of shelter," and summarizes the existing homeless housing options in the Eureka and Arcata area, including transitional, low income and emergency shelter. The report fails to note that many of these existing housing options are currently full, with waiting lists.

Nezzie Wade, director of AHHA, said motels are too expensive and the Eureka Rescue Mission, commonly cited as an resource underused by those living rough, is not an option for many people.

In the report, city staff recommend that no declaration of a shelter crisis be made unless it coincides with the recommenda-

tions of Focus Strategies, a consulting firm the city hired to investigate the issue. Its long-delayed housing analysis is due for presentation later this month.

On Dec. 31, EPD Chief Andy Mills and Capt. Stephen Watson visited the marsh to consolidate campers into a smaller area, joining Sheriff's Work Alternative Program inmates who were removing garbage and materials forbidden under the City's Open Space Property Management Plan, including pallets and camp stoves. Several advocates have criticized law enforcement for removing campers' belongings, but Watson said this doesn't happen unless it's within the course of an investigation, and that "EPD unfairly and frequently gets blamed for every action that takes place down there."

Jimmie Work and his partner, Veronica Allen, had their camp set up further south, but moved to a lower spot when the city ordered the camp to be condensed into an area closer to Del Norte Street. Over the last few weeks, those camping closest to Del Norte were notified that they would be condensed further, pushed in closer to the parking lot.

Watson estimates his officers and staff spent roughly 3,880 hours in the PalCo Marsh in 2015, translating, by a *Journal* estimate, to more than \$150,000 taxpayer dollars. The SWAP crews are a much better deal, costing the city \$28,000 a year.

— Linda Stansberry

POSTED 01.05.16. READ THE FULL STORY ONLINE.

Searching for Solutions



"They pushed us down here, they're going to keep pushing us," said PalCo Marsh camper Veronica Allen (pictured here with Jimmie Work and rescue Chihuahuas Ranger and Minuette). Allen says because of her arthritis and diabetes, constantly moving camp is a challenge.

POSTED 01.05.16

Make us a part of your daily life

For the news as it develops and all you need to understand politics, people and art on the North Coast, follow us online.

Investigation into Fatal Fall: Kenneth Arlen Buck Williams, 26, of Hoopa, fell 55 feet to his death on Dec. 30 while clearing storm-damaged tree limbs along electrical lines near Weitchpec. Investigators from a number of entities are working to figure out what caused the fall. Williams was working for Pacific Gas & Electric contractor Wright Tree Service.

POSTED 01.04.16

Parklets Pending: The tiny, public, Old Town outdoor spaces that were supposed to be completed in September got held up a little, but two of the four participating businesses — Ramone's Bakery and the Humboldt Bay Tourism Center — have been approved by the city and plan to begin construction when the weather allows. POSTED 12.30.15

Talk Food Trucks: Tapping into nationwide popularity for the small, mobile, cheap-to-operate restaurants, Eureka city staff has asked people to come to the Wharfinger Building at 6 p.m. on Jan. 7 to talk about strategies, needs and desires, and to gauge interest in making laws more food-truck friendly. POSTED 01.05.16

www.northcoastjournal.com/ncjdaily

[f northcoastjournal](https://www.facebook.com/northcoastjournal)

[ncj_of_humboldt](https://twitter.com/ncj_of_humboldt)

[ncjournal](https://www.pinterest.com/ncjournal)

[newsletters](#)

Digitally Speaking

\$10

California's new minimum wage, still 93 cents per hour less than a living wage in Humboldt County, according to an MIT study. POSTED 01.03.16

Comment of the Week

"The majority of minimum-wage workers are NOT high-school students living at home. 'Unskilled' labor is still labor, and merits the respect of enabling one to keep a roof over one's head and food in one's body."

— Christina Bauss, commenting on a minimum wage hike in effect Jan. 1. POSTED 01.03.16

They Said It

"The DEA is making it extremely difficult to accept medications just because, inadvertently, controlled substances may be in there."

— Humboldt Waste Management Authority operations manager Brent Whitener, explaining part of the reason it's hard to get rid of unwanted pills in Humboldt County. POSTED 01.02.16



A legal battle divides the brothers and sisters of a 149-year-old fraternal institution



On Dec. 14, 1934, the meeting hall where the Mattole Grange held events burned to the ground due to an unattended woodstove. Grange members rallied the community, collecting funds and promises of labor, and obtaining a tract of land for a permanent hall. By July of 1935, Mattole Grange #569 had risen from the ashes. At that time there was no question of the Grange's role, especially in rural communities.

As an organization, the National Grange of the Order of the Patrons of Husbandry has served as a lobbying force for small farmers since 1873. In Humboldt County, each subsequent generation has its own memories attached to its community grange hall, from the rowdy mid-century dances where farmers and ranchers gathered to spin their sweethearts on the hardwood floors, to fundraisers for tiny school districts and monthly family outings to the pancake breakfast, to the renaissance of California granges as leaders in the local food movement. In some far-flung areas like the Mattole and Freshwater, grange halls are the only places that bring the community together. Now it appears as though a rift at the very top of the organization has placed local granges in peril, threatening their legal standing and potentially detaching some from the name "grange" altogether.

The National Grange of the Order of Patrons of Husbandry originated as a nonpartisan way to reunite and educate agricultural cohorts in the United States immediately after the Civil War. It was modeled after Freemasonry, as President Andrew Johnson's agricultural commissioner Oliver Kelley observed how his Masonic affiliation helped him transcend party lines among small farmers when he toured the Reconstruction-era South. Kelley and a small band of sympathizers co-founded the first Grange in 1867.

The organization went on to be a lobbying group for rural communities, occupying a relatively progressive position in American politics. Women's suffrage, for example, was a key issue, and leadership roles in all levels of the organization are reserved for women. The group's successes include the free delivery of rural mail and the Farm Credit System. Locally, an initiative from Grange members living on Pigeon Point Road in Eureka, where dump trucks kicked gravel onto community windshields, led to a California law requiring commercial trucks to sport mud flaps. But as the nation's agricultural base has dwindled over the last half-century, so has Grange membership.

"When I look at it from a really big picture, prior to the 1950s, granges were really integral to people's lives," said Kathy Moley, secretary of Humboldt Grange #501, on Humboldt Hill. "After World War II, we had hydraulics and commercial agriculture. [The government] said, 'Don't worry about your food source, don't worry about your power source.' They centralized these things. The reality is, we lost jobs. I want my food to be local. I want to know my farmer."

Moley, who is also a member of Dows Prairie Grange #505, says the current question is how to make the grange "relevant to people's lives." Membership dropped steeply when members stopped receiving special insurance benefits. As a physical entity, grange halls carry emotional weight with many community members, but the grange as an institution, and the initiatives for which it lobbies, has been increasingly divorced from its local roots.

Interest in local food and farming has been credited with inspiring a new generation of grange members. Several Humboldt County granges have hosted workshops on food production and celebrations of locally grown food. The California State Grange backed 2012's Proposition 37,

which mandated labeling of genetically modified foods. The measure failed, but many grange members felt heartened by the leadership of then California Grange President Bob McFarland, a pot-bellied, white-bearded firebrand who sent members long, enthusiastic emails that started with the salutation, "Folks," and ended with his tagline, "It Feels Good to be a Granger!"

McFarland was elected president of the California State Grange in 2009, largely on his platform of empowering small farmers. A relative newcomer to the organization, he says that by being elected he inadvertently "stepped on some toes." Five of the state's seven executive committee members were also replaced at that time, voted out by community grange delegates. McFarland said the committee was traveling "in the same direction."

"Before 2009, the grange in California and across the country had strayed quite a ways from our original purpose," said McFarland. Many local grangers refer to the National Grange's support of a 2014 Supreme Court ruling in favor of agricultural giant Monsanto against a small Indiana soybean farmer as evidence of this drift. "In 2010, we had a net increase in membership for the first time since the 1950s," McFarland continued. "I attribute that to interest in local producers, local farmers, local food, getting back to our roots."

There are four layers to grange structure: the community grange, the district Pomona (named for the Roman goddess of fruit and nut trees), the state and then national. No members of the Humboldt County Pomona could articulate how national membership had benefitted them.

"That's something we're all wondering," said Dwight Winegar, leader of the Humboldt County Pomona. "Theoretically, it allows networking with other grangers."

Continued on next page »



The State of the Grange

Continued from previous page

Others said many people are drawn to the grassroots nature of grange structure. Many local grangers, requesting anonymity for fear of reprisal, said they saw no benefit to national membership: Humboldt County granges are supported locally and concerned with local matters, and the National office has offered little to nothing in return.

While Humboldt County grangers were discussing genetically modified organisms and the legality of line-drying clothes, a slow rumble was building between McFarland and National Grange Master Ed Luttrell. Many date the conflict between the two men to 2012, when Luttrell suspended McFarland from duty, but McFarland said he became aware of a “conspiracy to remove CSG leadership” in 2011. Emails included in McFarland’s appeal show that the two were butting heads as far back as 2009 over how McFarland handled a lawsuit by a dissolved grange chapter against the California State Grange. This issue would be cited as grounds for McFarland’s suspension and later dismissal.

In the court documents, McFarland alleges that Luttrell and the National Grange engaged in a conspiracy to drum him out of office. The National Grange insists that McFarland’s behavior as president, specifically his struggles with members of the California Grange’s Executive Committee, was a cause of concern for other officers and staff in the California State Grange. The emails do seem to indicate that Luttrell engaged in a fact-finding mission that undermined McFarland, speaking to grange staff and members and encouraging them to report misbehavior or concerns directly back to him. If McFarland’s timeline and documentation



Tamara Myers prepares for the Freshwater Grange’s monthly pancake breakfast. *Photo by Mark Larson*



Bob McFarland says the majority of California granges are in his corner. *Photo by Mark Larson*



Dwight Winegar came to a recent Humboldt Pomona meeting dressed to impress. *Photo by Mark Larson*

are to be believed, between 2009 and 2012 there was an endless stream of infighting, contested decisions and power struggles. In August 2012, McFarland returned from a two-month suspension of duties to find a representative from the National Grange in his office, asking him to resign. When he refused he was suspended again. The California Grange’s executive board and legal representatives found the National Grange to be in the wrong. The National Grange suspended the California State Grange’s charter in September 2012, and revoked it in May 2013. McFarland rallied community grange delegates, who voted to continue as an organization with him at the helm. The National Grange took them to court. Then things got ugly.

Local grange chapters are run entirely by volunteers. Their stations often include formal titles, such as Ceres or Demeter (both Roman goddesses of agriculture), but the solemn, Mason-like rituals once practiced by members of the fraternal order have largely given way to discussions of volunteer recruitment and dishwashing. The average age of grange members has risen in most fellowships, and in Humboldt all seem to agree there are fewer hands available to keep the doors open and money flowing in. Most granges rely on the income from renting out their venues to pay their dues to the National Grange, combined with annual dues paid from members and, of course, the income from those monthly pancake

breakfasts. Several granges in Humboldt County, including Whitethorn and Garberville, have closed their doors due to lack of membership. Grangers say the ongoing drama has taxed the resources of grange committees and reversed some of the progress made in growing membership over the last few years. One granger described it as, “Mommy and Daddy are getting a divorce, and it’s not our fault, but it’s very hard right now. How can you invite someone new into the family when your family is coming apart?”

Between 2012 and 2014, grangers received a flurry of emails from both sides of the conflict. The National Grange said California had no grange representation following the revocation of its charter,



Above, left to right: Locals gather for a 1936 harvest festival at the Mattole Grange. Photo courtesy of the Mattole Valley Historical Society. The 1949 "Beef and Beans" barbecue at the Mattole Grange. The event is still held every Fourth of July. Photo courtesy of the Mattole Valley Historical Society. Locals and volunteers gather for the Freshwater Grange pancake breakfast. Photo by Mark Larson

citing an ordinance that passed in 2011. (Wyoming also saw its charter revoked after the ordinance passed.) McFarland said the ordinance — which gave National the power to revoke state charters — was a broad overreach of the National Grange's authority, and that under the organization's own bylaws and California state law regarding nonprofits, he and his board were democratically elected by local grange delegates and could only be deposed by the same. The majority of community granges appear to have supported McFarland. National rebuilt the California State Grange board, electing a new president, Ed Komski, and began referring to McFarland's organization and supporters as "the McFarland group."

"Brothers and sisters," began emails from both men, the fraternal organization's standard salutation. McFarland's group claimed the National Grange had set up a website "impersonating the California State Grange." Komski said McFarland supporters had approached community granges, demanding they sign leases over to his group, and threatened to change the locks. McFarland accused National of persuading fair boards to not allow California youth to show their livestock. A long, ugly lawsuit in the California

Superior Court resulted in a ruling that gave the offices and remaining money, or "property" held by McFarland's group to the National Grange's sanctioned state organization. In a phone call, Komski said McFarland depleted the coffers to pay for his cause's legal funds. McFarland said insurance covered most expenses,

and accused the National Grange of doing the same on a larger level. National doesn't dispute that the lawsuits were expensive; it sent pleas to members across the country to help support their cause. In July of 2015, a federal court settled in favor of the National Grange in a trademark case over the name "grange," stating that neither McFarland nor any organizations under his group's umbrella could refer to themselves as granges. McFarland rechristened his group as The California State Guild. The guild has filed appeals on both lawsuits, with rulings expected this month.

Through it all, it appears that the active Humboldt County granges were in support of McFarland. In July, as the dust was beginning to clear around the trademark issue, Winegar sent out an email to all local grangemasters explaining that the

"Mommy and Daddy are getting a divorce, and it's not our fault, but it's very hard right now. How can you invite someone new into the family when your family is coming apart?"

— A Humboldt granger

Continued on next page »

TUESDAY SENIOR DISCOUNT 10% OFF • SATURDAY STUDENT DISCOUNT (W/ID) 10% OFF



PRICES EFFECTIVE 01/06-01/12

"Eel River Organic"
BONE IN RIBEYE
STEAKS



\$15⁹⁹ LB

"Eel River Organic"
BONELESS BEEF
TENDERLOIN



\$22⁹⁹ LB

10 LB BAG
ORGANIC
NAVEL
ORANGES



GROWER DIRECT
FROM ORLAND CA

\$8⁹⁹ EACH

"Bragg"
ORGANIC
APPLE
CIDER
VINEGAR



32 OZ

\$4⁹⁹

"Eureka Naturals"
EVERY DAY PALE ALE



\$6⁹⁹ + TAX & CRV

"Maple Valley"
ORGANIC
MAPLE
SYRUP



32 OZ

\$19⁹⁹

"Natrol"
PURE
CITRIMAX
GARCINIA
CAMBOGIA



90 CT

\$12⁹⁹ + TAX

"Tofu Shop"
ORGANIC
TOFU
SAUSAGE



ALL VARIETIES 6.5 OZ

\$3⁷⁹

1450 Broadway, Eureka • 442-6325 • eurekanaturalfoods.com

Helping you to live well and be healthy... naturally.

The State of the Grange

Continued from previous page

trademark lawsuit does not appear to impact community granges' ability to be called granges, and that to "the best of [his] observations, everyone within the Humboldt Pomona Grange/District appears to be staying the course and respecting the orders of status quo." The National Grange has insisted, contrary to Winegar's interpretation of the ruling, that "any entity that aids or supports Mr. McFarland's group likewise is precluded by the Federal Trademark order from using the Grange name."

"There are a lot of members who don't know what to do. It's so upsetting," said Tamara Myers, master of the Freshwater Grange. A native of Freshwater, Myers has fond memories of performing school plays on the creaky wooden boards of the building's stage. She and others cite the camaraderie of local and state grange membership as a major draw. "I feel affection for this place. I didn't join the grange until three or four years ago, when I saw the grange experiencing this renaissance. When I go to the convention and I see people from all over the state it's the same as when I'm here."

She gestures toward the rows of long, wooden tables where people are sitting down for the monthly pancake breakfast in the building's basement. There isn't a single empty seat. Volunteers shout and laugh through the steam above the griddle, turning sausages onto plates. Just above, in the main hall, children and their parents are taking part in a fundraiser for Garfield Elementary School.

Myers said membership in the Freshwater Grange has grown steadily over the past few years. Some members are farmers; more are interested in just being part of a community. The controversy has been troubling, but it hasn't had a local impact.

"In many ways, we're still waiting to see what happens. I think by and large this hasn't affected local communities. The parent organizations have some things to work out," she said. "We're not going anywhere, we're still doing our good work."

Farther north, Rowetta Miller of Fieldbrook Grange #771 said her board has chosen to wait and see how the lawsuit turns out before paying dues to anyone. A hiccup with the paperwork resulted in the Fieldbrook Grange and some others losing their nonprofit status last year. It's usually processed by the California State Grange. Humboldt County granges have been paying their dues to McFarland's group, and McFarland said granges still un-

"We're not going anywhere, we're still doing our good work."

— Tamara Myers

der his umbrella maintain their nonprofit status, but risk losing it should they switch affiliations. Winegar said that, according to his research, this isn't entirely accurate. As long as the parent organization maintains its 501c3 status, the community granges should be fine. All groups are currently in good standing.

Miller said the Fieldbrook fellowship has shrunk over the last decade, from the full stations that used to take up the entire hall to "kitchen table" meetings, with only about eight members in attendance. She hopes this will change and more people will begin attending. Fieldbrook Grange #771 was responsible for getting the little community an emergency backup generator, which was subsequently stolen from the local fire hall. Bayside Grange #500 has also chosen to put its dues in escrow while it waits for the lawsuit to shake out.

Betty Crile, an energetic 77-year-old and 40-year member of the Humboldt Grange #501 spoke to us while stuffing turkeys for the annual Korean War Veterans dinner.

"How many people on our committee? You're talking to it," she said. "And I'm slowing down a bit. Granges aren't what they used to be. When I first joined over 40 years ago, we used to have men and women to volunteer. Now you have to threaten and beg. I'm trying to get someone here to fix a light before the dinner, and no one will say yes. I don't need to be up there on an 8-foot ladder. Five years ago, yeah, but since I had heart surgery, I really can't."

Dows Prairie Grange #505 in McKinleyville, where Kathy Moley is an affiliate member and vice-president, has slowly grown as a community gathering place, at-



Humboldt County grange members gathered in Freshwater recently to discuss the fate of their halls. Photo by Mark Larson

tracting younger members in the last few years. Moley said it makes her feel good to go to events and see neighbors meet one another for the first time. Last Christmas the grange sponsored a Winter Express event that provided more than 700 local children with gifts. Moley says the lawsuits have been "disturbing."

"In general, I think the local granges are supportive of what we're now calling the CSG [the Guild, Komski says that CSG is also trademarked]," she said. "We've been on that side of the table since the problem erupted. There was no table, then there was a table."

Moley said the existential question of local grange halls at the end of the power struggle is a complicated one. Grange halls pay property taxes individually, and are usually named as owners on the deed of sale, but because they're a chartered organization, if they become defunct or unchartered, they are held by the California State Grange for seven years in case the community chooses to reinvigorate its fellowship. After that, they're sold and the money goes into the California State Grange's coffers. At least one California grange came under fire from the National Grange for sending the money from its sale to McFarland's group. Komski said that the state ruling has no impact on the autonomy of community granges, although they cannot call themselves granges if they're not paying their dues to the correct entity.

In October, Komski sent out an email to all California granges offering amnesty for dues paid to McFarland's group and inviting them to return to the National Grange's fold. At least one local group — Mattole — voted to do so before the Dec. 31 deadline, referring to its original 1933 charter which stated the grange hall could only remain open as a "grange," which may not be possible under McFarland's organization. A representative said the grange "refused to be governed by fear." There are 182 community granges in California. McFarland claims that 165 of them are in his corner.

The current hope of McFarland and others is for reconciliation with the National Grange. The recent election of Betsy Huber, the first woman to hold the seat of National Grange President, was a welcome event for those who blame Luttrell for much of the enmity. McFarland said he is actively working to heal the divide.

In his October email, Komski quoted President Abraham Lincoln, a dramatic choice given the grange's origins and its current quandary of state versus centralized power.

"With Malice toward none, with charity for all, with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in, to bind up the ... wounds."



As they say in
Wales, *bendigedig*
— fantastic.
Photo by Jada Calypso
Brotman

Bara Brith

Welsh teabread to warm your bones

By Jada Calypso Brotman
tabletalk@northcoastjournal.com

Way back in the aughts, in bonny Scotland, there existed for one shining year possibly the Greatest Band Ever. I was fortunate enough to be part of this swell international gang, known as Yay Us!, which consisted of myself, two Tasmanians, a Scot and a Welsh woman. One of our greatest hits heard us all yelling out the names of our sweet hometowns (yes, I belted out, “Arcata, California”), and Mererid (pronounced Mer-ER-id) sweetly sang, “Aberystwyth, Wales” in her lovely Welsh lilt. My curiosity was piqued. Three years in Scotland, and I never made it to Wales. What could these musically speaking, vowel-deficient people eat down there at the bottom of the island?

Fast forward a little more than a decade to this past September, when, battered but still game, I finally visited Mererid Williams and her family at what has got

to be one of the most halcyon places in the world. Mer’s family sheep farm, called Cynnullmawr, which means “great gathering place,” has been in the family 300 years and is still functioning. Chock-full of rolling soft green hills, morning mist and blue sea views, there is nothing nicer than going for a ramble with one of the working dogs and coming home to tea bread and cocoa in front of the stove while Mer’s father mutters Welsh obscenities at the sports page. Cynnullmawr was recently discovered to have been a pagan gathering place, which means God knows what — wicker men? Sheep sacrifice? Nowadays, it’s far from pagan. Just verdant hills and gamboling sheep, all the way to the sea.

Mer’s parents, Eluned and Hywell Odwyn Williams, speak only Welsh at home but, despite the communication barrier, they still managed to be the

Continued on next page »

What’s New?

Savings

Shop our sales flyer for reduced prices on grocery essentials, treats and eats from our Deli and Bakery, specialty products and locally made goods. Flyer available in stores and online.

www.northcoast.coop



News

Local Produce Recipe, Co-op updates, Member Giveaway, Meet Your Board of Directors, and more. Read all about it in the January issue of the *Co-op News*, available in stores and online.

www.northcoast.coop

Website

Take a look at our new and improved website, www.northcoast.coop. Stay updated with an interactive calendar of Co-op events and classes, easily view current Co-op Specials and Produce Specials, and so much more. Explore and enjoy!

www.northcoast.coop



Natural Grocer and Cooperative
811 I Street, Arcata • 254th Street, Eureka 

Table Talk

Continued from previous page

most fantastic hosts I could have asked for. Eluned, who speaks English well and goes by Lynette in American company, had me sample various Welsh tasties, including that tea bread called *bara brith* (pronounced “bara breeth”), for which I promptly demanded her recipe and have been chuffed to make here at home on the regular. The Welsh eat it year round but it’s particularly suited to cold afternoons with a hot drink. It has very little fat so of course you must spread each slice with lots of butter. Toasted, ideally. It also keeps fantastically. Put some lamb in the oven and a rugby match on telly, pour a cuppa and toast a nice bit of *bara brith*, and figure out how to pronounce *Cynnull-mawr*. There you go, saved you the ticket price to Wales.

One thing I’ll say about *Bara Brith*: You have to like raisins. If you’re one of those unfortunate raisin haters, forget the whole thing. Another thing is it’s insanely easy to make. Easiest ever. It does have a long baking time but it makes the house smell great.

Bara Brith

Ingredients and method:

4 ounces currants
4 ounces raisins
½ pound brown sugar
1 cup strong black tea
1 egg
2 ½ cups flour
2 ½ teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon allspice
honey for glazing
butter for greasing pan

Mix the tea, sugar and raisins and either gently heat the mixture for 10 minutes to soften the raisins or let it sit for a few hours to overnight.

Heat the oven to 325 F. Butter a loaf pan and line it with parchment. Beat the egg into the wet mixture, then add all the dry ingredients and mix well. Pour the batter into the pan, smooth the top, and bake it for 90 minutes.

Lower the heat to 275 F and bake for one more hour, until a skewer inserted comes out clean. Tip the hot loaf onto a rack, remove the parchment and flip it back over. Glaze the top of the loaf with honey. Let it cool and serve sliced with butter. ●

Get Out

Cray Cray

For crawdad fishing

By Kevin Smith

getout@northcoastjournal.com

Crayfish, mud bugs, swamp lobsters or crawdads — call them what you like; these little crustaceans are as delicious as they are abundant in freshwater along the North Coast. I look forward to every autumn and winter for the abundance of fungi, wild greens, shellfish, and yes, a seasonally strong and impressively sustainable sweet swamp lobster harvest. I headed to a local stream the other day and cast out two traps baited with the carcasses of fish I had caught a few weeks prior (minus the fillets that made some exceptional tacos). After a night of soaking I pulled in a haul of some 20 crayfish and cooked them up that night. If you’re up for giving it a try, here’s the scoop.

Catching a crawdad appetizer, lunch or dinner is easy and fun for all ages. I have been catching crayfish since I was about 3 years old and I enjoy a good haul now as much as I did then. Several crawdad species can be found throughout the world. Here in California, most waterways are inhabited by the native signal crayfish (*Pacifastacus leniusculus*) and the invasive Louisiana crayfish (*Procambarus clarkii*). As with any crustacean in the state, crawdad fishery is strictly regulated by the California Department of Fish and Wildlife. Methods of take, fishing hours, catch limits and guidelines for specific bodies of water can all be found in the complimentary CDFW Freshwater Sport Fishing booklet available online as a PDF or at any sporting goods store. If you want to buy a commercially made crawdad trap, local shops sell them for around \$20. (I get mine at Bucksport.) If you are under 16 years of age, no license is required for taking crawdads, but if you are older you can



Stream-to-table cuisine.

Photo by Kevin Smith.

buy one-day, five-day or annual fishing licenses at sporting goods stores or online (just don’t forget to sign it or it’s invalid).

If you are good with your hands, you may just want to purchase a few feet of ½-inch gauge wire mesh from the hardware store and make your own trap. Dozens of instructional videos on various trap designs can be found online and each style can be made in well under an hour (and for less than \$5). Whether you choose to buy or make a trap, the next step is finding a productive fishing location.

You can fish all day, every day, over sterile sand bars and never catch a thing. But if you learn to read the underwater topography and habitat correctly, you can find a productive secret spot of your own, drop a trap and be in business. Crawdads prefer slow moving water with muddy banks interwoven with roots and rocks that provide secure nooks and crannies for hiding. Search the banks of rivers, creeks and lakes until you find shells of a few dead crayfish or even a few live ones moving in the water. Then locate a boulder or tree to serve as an anchor and toss in your baited traps. (Drop two or three in separate locations to increase chances of a hefty yield). It usually takes an hour for even the most ravenous mudbugs to make their way into the trap, so it is best to let them soak for some time. I prefer leaving them overnight, but if you follow this strategy make sure your lines are hidden so animal thieves will not be tempted to steal the bait — or worse the catch and the trap!

Once you have brought in your massive catch, it’s time to put them to a bucket and rinse them with fresh water to ensure

no silt or sediments adhering to a crawdad carapace ends up simmering in the cook pot. At this time, you will need to transfer them one by one from the trap (heavy neoprene gloves are a good idea), setting aside females visibly carrying eggs beneath their tails or juveniles that simply will not yield enough meat to make them worth retaining. Return these to the water to ensure sustainable future harvests. Now it’s off to the kitchen with a bucket full of “bugs.”

There is some debate among anglers as to the quickest and most humane way to dispatch a crustacean. These animals have no centralized nervous system, making them far from easy to kill. I have tried every method over the years and, regardless of the bad press it has received, dropping them into boiling water is by far the quickest. The body goes into instant shock and the crawdads die within about two seconds. Despite what you have heard in urban legends, they do not scream.

Once in the pot, let them boil for a few minutes with your favorite Creole seasoning (such as Zatarain’s) until the shells change from a yellowish-brown to a deep red. The most meat will be found in the tail, and is delightful once you’ve cracked and de-veined the crayfish like you would a prawn. The claws of larger specimens may also contain a hefty morsel. Melt a little butter with garlic, slice some lemon and serve the wild-caught, locally harvested, sustainable and remarkably fresh crawdads to your friends and family. And while you enjoy the bounty, be sure to share every fish story that comes to mind — I always do. ●

Arts! Arcata

Second Friday,
Jan. 8, 6-9 p.m.

Arts! Arcata is Arcata Main Street's monthly celebration of visual and performing arts, held at more than 30 participating locations in Arcata. Visit www.facebook.com/artsarcata for more information or call 822-4500.

ARCATA ARTISANS 883 H St. "Best of Show," Joyce Jonté and Dana Ballard, paintings; Libby George and Patricia Sennott, print making; Jim Lowry, photography; and Betsy Roberts, metalwork.

ARCATA EXCHANGE 813 H St. Tony Gonzalves, photography; music by Lizzy and the Moonbeams; wine pour benefits the Companion Animal Foundation.

BUBBLES 1031 H St. Music by Claire Hashem.

GALLERY MÈTIER 1034 H St. "Humboldt Humans, Part 2," Bob Doran, portraits and an instant portrait studio. Live music.

JACOBY'S STOREHOUSE 780 Eighth St. "Metaphorical Portraits," Arcata Arts Institute Student Work, inked illustration and mixed media portraits.

MOONRISE HERBS 826 G St. "Landscapes, Local & Beyond," Meg Graham, photography; music by Kyle from ARhythmKick Production.

PLAZA 808 G St. "North Coast Shorescapes, Glaciers and Lovely Bugs," Claire Iris Schencke, mixed media and oil monotypes; wine pour benefits Devon's Vision (an Ink People Project).

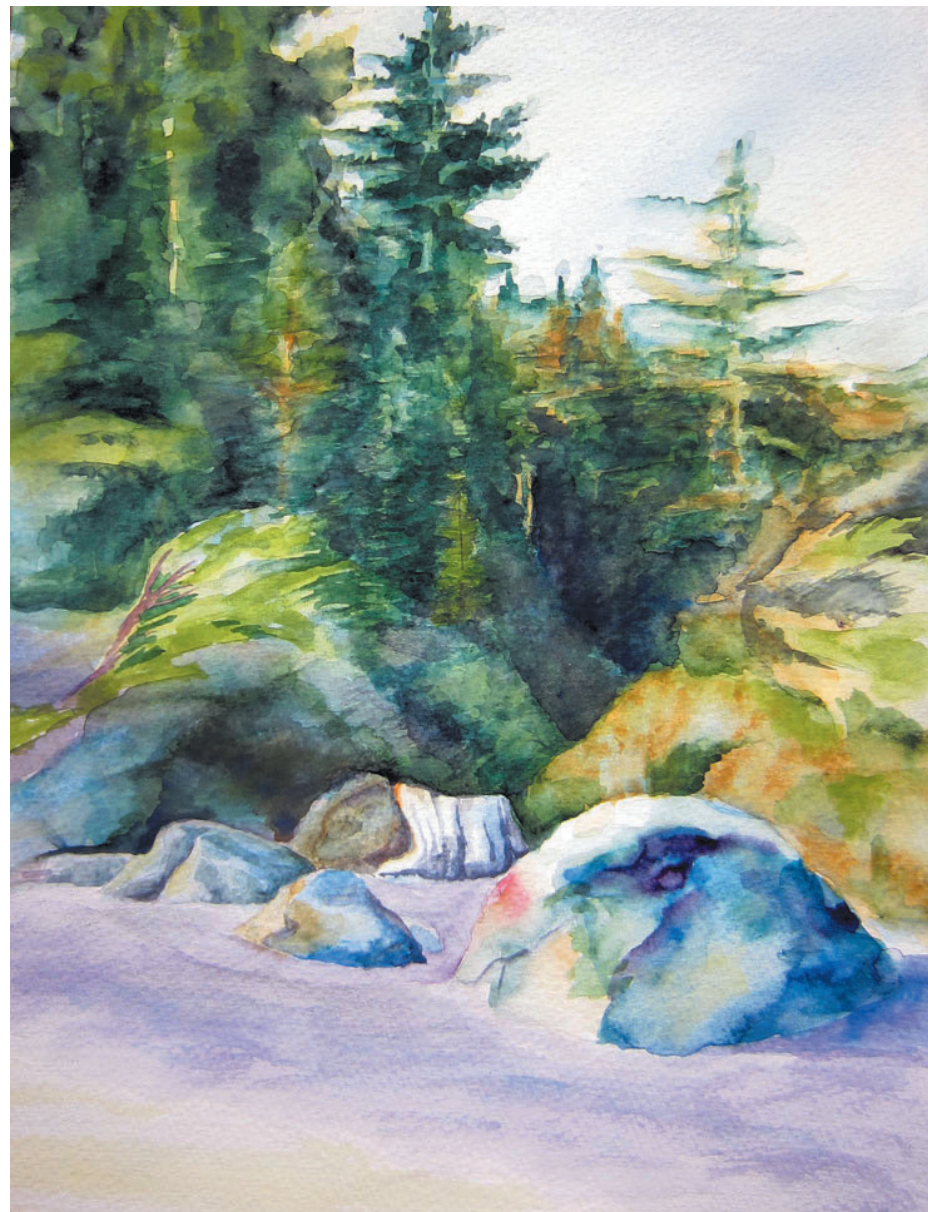
THE SANCTUARY 1301 J St. Marisa Kieselhorst and Sierra Martin Exhibitions, paintings.

STOKES, HAMER, KAUFMAN & KIRK, LLP 381 Bayside Road. Jan Hollander, Cynthia Noble and Karen Frazee, oil and watercolor paintings; music by Howdy Emerson; wine pour benefits the American Cancer Society — Relay for Life Team #169.

UPSTAIRS GALLERY AT UMPQUA BANK: 1063 G St. "Season of Light," Gina Tuzzi, Sarah Leshner, Nicole Kita, Jesse Wiedel, Thrn Brooks, Brent Eviston, Libby George, Patricia Sennott, John King, Regina Case, Jim McVicker, Terry Oates, D'mise, Natalie Craig, Phyllis Barba, Jeff Cross, Rachel Schlueter, Stock Schlueter, Blake Reagan, Sonny Wong, Shawn Griggs, Andrei Hedstrom, Guy Joy, David White, Amy Granfield, Lita Penkova, David Safire, Marceau Verdiere, Ana, Amezcua and Georgia Long.



Claire Iris Schencke, mixed media and oil monotypes, Plaza.



Cynthia Noble's "Moonstone Beach" at Stokes, Hamer, Kaufman & Kirk.

**We're
forty
minutes
cheaper**

**We value
your time!**



POST-HASTE
ARCATA, CA
SHIPPING • MAILBOXES • NOTARY
600 F St • Arcata • M-F 8:30-6 • Sat 9-5
825-8295 www.posthastemail.com

FedEx Authorized ShipCenter **UNITED STATES POSTAL SERVICE** Approved Shipper **FedEx** Ground

The North Coast Journal
is seeking

Sales Representatives

Join the best locally owned,
what's happening, award-winning
newspaper in Humboldt County.

Position is multi-faceted and
fast paced.

Full-time position.

Knowledge of general office
procedures, computers and
sales a plus.

**Apply by emailing
résumé to
melissa@northcoastjournal.com**

North Coast
journal
of Politics, People and Art



Jack Sewell, here building his sculpture, hopes to put a bird (back) on it.

Photo by Jason Marak

Iconoclasm Spasm

Public sculpture takes a beating

By Gabrielle Gopinath

artbeat@northcoastjournal.com

The past year was a rough one for public art in these parts. The summer months saw at least three public sculptures destroyed by vandalism. Those artworks, installed at Eureka's C Street Market Square by Humboldt-based sculptors Robert Benson, Malia Penhall, and Benjamin Funke, were either lost or damaged beyond repair. Now "Following Current Events," a permanent sculptural installation at the same site by Eureka sculptor and retired gallerist Jack Sewell, has sustained major damage for the third time in its three years of public display.

Sewell's work was, and is, light-boned and open to the elements. The kinetic sculpture on the waterfront still looks like a thrifty, gracile drawing linking bay and sky. A slim steel band rises high above the ground in a sail-shaped arc; tracteries of tensile stainless steel connect points on the arc's perimeter. Set in a shallow pool, the sculpture swings and vibrates in response to ambient currents.

Originally the sculpture featured three gull-shaped forms — soaring bird silhouettes with arcing 5-foot wingspans, fabricated from ¼-inch aluminum. Early this December, the sculpture was damaged when one of these aluminum birds was wrenched from its setting and stolen in an act that Sewell said must have taken "considerable force and effort." The sculpture was not under video surveillance, and

the identity of the perpetrator(s) remains unknown. Even exactly when the damage occurred is unclear.

Sewell originally imagined the piece as a gauge showing ripples in the air, water and time. However, it's had unanticipated success as a vandal-magnet and an effective barometer of social mores, albeit one that only responds to negative stimuli.

Since 2012, Sewell has made multiple repairs due to participant-viewers who were either unable or unwilling to appreciate the distinction between a work of public art and a jungle gym. Illicit climbers bent part of the structure nearly in half and then mangled one of the birds in an unsuccessful attempt to twist off its wings.

The sculpture belongs to the city but Sewell volunteered his time to twist and weld it back into shape after each of these events. And "Following Current Events" survived these insults, remaining in one piece until this December. In retrospect, it's no small achievement.

In August, Robert Benson's 2015 redwood sculpture "Undam the Klamath" suffered an arguably worse fate when it was uprooted from its temporary site at C Street Market Square, never to be seen again. Benson said the massive sculpture had been secured to the metal plate at its base by 8-inch lug screws.

No one knows what happened, but Benson pictures a waterfront miscreant uprooting the sculpture by wrapping his

(or her?) arms around it and hauling forcefully upwards, stripping the screws before hurling the piece into the bay.

Imagination conjures the comitragic scene: a nocturnal, perhaps solo, almost certainly far-from-sober endeavor in which human pathos mingles with the spirit of brute mayhem. It's like an outtake from *Idiocracy*, a Jesse Wiedel painting or a homegrown variant on the ancient Scottish game of caber tossing that hints at the unique flavor of nightlife in this Victorian seaport.

After protracted insurance negotiations, Benson recouped his financial loss. But it was hard to shake the negative sensations the event engendered. "I felt like I was being Good Bob, my best self," Benson explained, "putting something out there in the community for others to experience ... and then getting blindsided by this bad karma."

"My fantasy outcome," Benson confided, "is that one day I'll be walking along the shore and it will just wash up in front of me. Of course, it's going to look different. It's going to be altered by the experience." It's easy to envision "Undam the Klamath" complicated by sea change: enlivened by algae, starfish and anemones, hosting multitudes.

You've got to be motivated by a degree of altruism to want to commit art to such an environment, knowing the risks. Perhaps as a result, local artists who've lost works to vandalism tend to be philosophical about the loss, with attitudes ranging from zen calm and stoic resignation to a kind of existential acceptance tinged with anger.

And yet public art has never been more in demand. As Sewell points out, community engagement continues to trend in both civic and artistic circles. "It seems like every small and mid-size city in the nation has launched a public art program," he said, adding that he has recently received dozens of invitations to contribute sculpture to civic spaces nationwide.

"Actually I have been surprised at how much respect we show public art in Eureka, on the whole," Linda Wise commented. Wise is president of the Redwood Art Association and a board member of Eureka Main Street, which, along with the Ink People Center for the Arts, shares responsibility for the rotating public sculpture program at C Street Square. One of her sculptures has been on display there for more than a year, and — knock on wood — it remains intact.

Wise added that the city's many murals

have experienced remarkably few problems with vandalism and that vandalism seems mostly confined to the sculptural works on the waterfront.

Charlotte McDonald, director of Eureka Main Street, believes that the recent depredations are most likely isolated occurrences. "This rash of incidents has been discouraging to me, and it's certainly a departure from the norm," she said.

McDonald said the incidents may be related to the substantial uptick in property crime reported this past year by the Eureka Police Department. She speculated whether this might be in turn connected to the 2014 passage of Proposition 47, a California law that changed some low level crimes like drug possession and petty-theft from potential felonies to misdemeanors.

One obvious short-term approach to dealing with the problem would be to mount security cameras to make sure all sculptures are under surveillance. "Certainly, the question of cameras has come up before," McDonald said. "But, frankly, I don't know whether mounting camera would be a deterrent or not." Eureka Main Street has discussed the possibility of installing cameras with members of the Eureka Police Department, and McDonald said the organization recently submitted a grant application to pay for cameras. However, she said, for now Eureka Main Street "is financially not in a position to do that."

McDonald believes that the way to make positive change in the long term is to improve education. She worries that lack of funding in local schools, along with economic stagnation and the high poverty rate, have contributed to narrow children's experience.

"When I was growing up, art was part of my life, part of my education," McDonald said. "I worry that, now, many kids in our area don't have as much access to that. I think the more we see creativity as a positive outlet for energy, the more we'll be able to overcome a lot of our social problems."

Wise agrees. "The mere presence of public art does something to create a more cohesive community," she said. "When you have art in a public space, it shows that people care about the place, and about each other."



If you happen to spot the missing metal bird or sculpture, call Charlotte McDonald of Eureka Main Street at 442-9054.

Miller Farms

POWER SHOP

SALES • SERVICE • PARTS

THE COUNTIES
LARGEST POWER
EQUIPMENT DEALER

FEATURING THESE
TOP OF THE LINE
BRAND NAMES

HONDA
Power
Equipment

Husqvarna
STIHL

- GENERATORS
- MOWERS
- LAWN TRACTORS
- CHAIN SAWS
- TRIMMERS
- LOG SPLITTERS
- WATER PUMPS

Miller Farms

839-1571

1828 Central Ave. McKinleyville
OPEN Mon. thru Sat. 8:30 am to 5:30 pm

millerfarmsnursery.com

Hensel's **ACE** Hardware
Benjamin Moore

Kitchen Store • Furniture • Appliances • Old Fashioned Candy Store

10% OFF*
FINAL PURCHASE PRICE
with this coupon

*Excludes power tools.
Not valid with other discounts.

(707) 822-2965
884 9th Street, Arcata



Clothes should smell clean.
Not dry cleaned.

Norman's
DRY CLEANERS & LAUNDRY

Since 1977

Eureka 442-2527
Arcata 822-3570
Fortuna 725-9003

Joan Woodcock Insurance Services
725-1200

CA License #0E34152
1506A Main St.
Fortuna, CA 95540

I Can Help!
Medicare Supplements
Dental • Life • Rx

DON'S
RENT-ALL
Rentals • Sales • Service

442-4575
916 Broadway • Eureka, CA
(Corner of Broadway and Washington)
toll free: 800 500-4575
www.donsrentall.com

ZAMORA'S New & Used
FURNITURE

\$139
World Map Desk with 2 Shelves

Reasonable Prices, Free Delivery
+ We Buy Used Furniture

845-9148 • Corner of 6th & I, Arcata

Eureka Art & Frame Co.

Professional, prompt, and courteous service for over 30 years

(707) 444-2888
EurekaArtandFrame.com

Mon - Fri: 9:00 - 5:30 • 1636 F St., Eureka
ONE BLOCK NORTH OF WABASH

GF
Green Future
SOIL PRODUCTS

- BULK SOIL
- COMPOST
- EARTHWORM CASTINGS

The Heart and Soul of Humboldt
825-1225 /// 4651 West End Rd. Arcata, CA

SINGING TREE GARDENS
ARBORETUM
STYLE NURSERY

839-8777

5225 Dow's Prairie Rd.
McKinleyville

Great Selection, Low Prices, Friendly Service

Carpet Depot

Carpet • Hardwood • Laminate • Vinyl

(707) 442-3470
4485 Broadway, Eureka
www.thecarpetdepot.com



ENTER TO WIN!
5kW Solar System

Valued up to \$20,000, details at WesthavenSolar.com

WESTHAVEN SOLAR™
Design. Install. Save.™

Call us today (866) 575-4112
Visit us online WesthavenSolar.com

SUNPOWER®

Elite Dealer

CA Lic. 965111





MOORE'S Sleep World

31st Anniversary Sale!

We would like to thank Humboldt for 31 years of support!

SELECT BED LINES \$200-\$600 OFF

35% Off Hand Crafted Mattresses

SELECTED MATTRESSES UP TO 50% OFF

Same or next day delivery. Free removal.

MON - SAT 10 - 6 • SUN 11-5
www.mooreessleepworld.com

ARCATA | EUREKA | FORTUNA
 707-822-9997 | 707-444-2337 | 707-725-2222



HUMBOLDT FENCE CO.
 LINC. NO. 88333
 822-9511

PORTABLE KENNELS

- Standard & Custom Sizes
- Easy Setup
- Durable & Long-Lasting
- Call for Prices

NEW LOCATION!

564 HWY. 36, FORTUNA
 LICENSED-BONDED
 CA CONTRACTOR #808339
RUSS@HUMBOLDTFENCE.COM



CRYSTAL SPRINGS

Locally owned and operated since 1965

Crystal Springs Bottled Water

Artesian Water Bottled On Site
 Delivered to Home or Office

Affordable Free Delivery
 3 & 5 Gallon Bottles
 Wide Selection of Dispensers & Cups

707-443-7171
CrystalSpringsHumboldt.com

MasterCard VISA Discover PayPal

METAL BUILDINGS

AGRICULTURE
 COMMERCIAL
 WAREHOUSE
 RETAIL & MORE




- Green and sustainable
- Easy erection
- Starting at 600 sq. ft.
- 25 year warranty on paint finish
- Large range of sizes and designs available
- Insulated and non-insulated

30x40x12 kit w/10x10 roll up door and standard entry door, as low as \$18,999

Foundation and installation are extra.
 Many other sizes and options available.
 Package price expires Feb 29, 2016.

KERNEN CONSTRUCTION
 BUILDING & ENGINEERING CONTRACTORS
WWW.KERNENCONSTRUCTION.COM/VARCO-PRUDEN.HTML

707.826.8686
 2350 Glendale Dr.
 Arcata, CA 95519



CALIFORNIA STATE & FEDERAL EMPLOYEES' CREDIT UNION

Call for more information
443-8662

Home Purchases and Refinances

30 years
4.00%
 APR*

4.143%

*based on a loan amount of \$100,000

On approved credit.
 Maximum amount financed of \$417,000. Rates are subject to change at any time.

Other loan products also available.

NCUA

321 Wabash Ave. • Eureka
www.csfecu20.com

Getting Better

By Andy Powell

thesetlist@northcoastjournal.com

The Lost Luvs play KHUM's 20th anniversary party on Saturday, Jan. 9 at 8 p.m. at the Adorni Center.
Youtube.



Congratulations, you've survived the "holiday season." My apologies to those that didn't survive. For the rest of us, our extended families have left town, our Christmas trees are dying and we're broke. Sure, the kids liked their presents, but that will fade in a few more days, leaving us to wonder why the hell we spent so much money on material items this year. That too will fade, and we'll do it again next year. Hopefully the stress of the holidays — admit it, you were a bit stressed — is behind us, and we're left with the joy of a new year. And the joy of starting it off worried about money. But there's something nicely familiar about that yearly tradition.

I'm not one for New Year's resolutions. I don't say that to sound snobby; I've just been burned by the future too often. If resolutions are your thing and you make 'em work, more power to you. I just can't get myself worked up enough to get too attached to the future; there's already a huge list of tasks that I will most likely fail at this year. So even though the number we assign to each year is somewhat arbitrary (sorry, baby Jesus!), and doesn't have a direct effect on our existential being, we choose to give it meaning, and that's wonderful. I love the fact that the measure of a time unit we call a "year" is actually directly related to the distance we travel around the sun. I love the fact that we want to progress and better ourselves, and those around us. I understand it's helpful to have a set time — whether it be Dec. 31 or July 27 — to reflect upon our recent past and construct plans for the future.

So again, resolutions and self-imposed deadlines aren't for me. However, I do know that in this new year of 2016, I would like to make more time for music: more time to listen to music; more time to hear live music; more time to think about music; more time to write about music.

Most importantly, more time to play music. I won't punish myself if I fail in this desire. However I succeed or "accomplish" in regards to this desire, the reward will be in its doing.

Thursday

I don't know if **Piet Dalmolen** has any New Year's resolutions, but you're welcome to ask him at Redwood Curtain Brewery in Arcata. He'll be playing solo electric guitar with a dash of effects and a pinch of loops on top of skill and talent to make the sonic background to your imbibing more enjoyable and interesting. He'll be on around 8 p.m. and feel free to throw him a few bucks — or beer — as he's not charging a cover.

Fellow guitar shredder **Deric Mendes** is returning to town tonight. A writer, singer-songwriter and former member of formerly local bands The Lowlights, Tanuki, Magnum, etc., Deric is now adding a "documentary filmmaker" feather to his cap. I've been hearing whispers for a while that Deric, now based out of Long Beach, was working on a documentary about Syrian refugees in America. Not only is that true, but the undertaking is not inexpensive. Welcome Deric back to The Jam at 9 p.m., when **DJ Red**, **The Lost Luvs** and former Lowlight/Tanuki himself, **Matt Jackson**, will be performing to help raise funds for the documentary. Throw in some stand-up comedy from Savage Henry, and you've got a full night ahead of you. Put on your best Donald Trump costume to get in for only \$5. Everyone else, \$5 cover charge. More info about the documentary at www.facebook.com/iam-myhomeland.

Friday

Speaking of local multi-talented people, **Chris Parreira** tells me he'll be joining a special guest at Six Rivers Brewery at 9 p.m. Up from Grass Valley is **Rosalind**

Parducci, who cut her teeth in the indie music scene in said valley. Growing up around Celtic music sessions — who hasn't right? — and the Sierra Jazz Society, this jazz/pop/blues singer will delight you for free starting at 9 p.m.

Up the 299 you can catch **Kingfoot** returning to the Logger Bar, also at 9 p.m.

Saturday

The Fortuna Concert Series presents **Trumpet Consort von Humboldt** at the Fortuna Monday Club at 7:30 p.m. Keeping it old school, "TCvH" performs music from the age of "Sir Francis Drake and Elizabethan England, to Italy, to baroque Germany/Prussia, to 19th-Century France." All this while playing 1667 trumpet copies (think trumpets with no valves) in period costumes for only \$10. Baroque on.

For something not quite as old (but getting there), **KHUM** will be celebrating its 20th year as your local freeform and ruleless radio station (full disclosure: Your humble writer is a Lost Coast Communications employee). For you barn dancers, **Striped Pig Stringband** with **Lyndsey Battle** will get things moving at the Adorni Center followed by **The Hip Joint** and **Object Heavy** (the order I'm unclear on). KHUM DJs Cliff and Bayley will be in attendance, and after recently chatting with former KHUM DJ Mike Dronkers, I learned that he is planning on attending as well (I hope they charge him full price). Will KHUM heartthrob Larry Trask leave Disgraceland and attend? I doubt it, but ask him at larry@khum.com. There will be food and drink aplenty! And \$10 will get you into the birthday bash, starting at 8 p.m.

Another option in Eureka is the Siren's Song Tavern, where you can catch a repeat of **Chris Parreira** and **Rosalind Parducci** along with **Belles of the Levee** and **The Curiosities**. All this for free starting at 9 p.m.

Late night rock will be happening at the Alibi: Humboldt Free Radio presents **Kill Matilda** from Toronto (that's in Canada). KM singer Dusty tells me that the band is "basically a band of zombie-hunting apocalypse-survivors bringing our Canuck brand of dancey punk rock to your [our] awesome city." So, *Walking Dead*/Canada-philes, your nightmares may come true tonight. Showtime around 11 p.m. with a \$5 cover. Let's hope they take U.S. Federal Reserve Notes.

Sunday

For something a little less zombie-focused, the Sonoma-based **Alphabet Baroque Club** will be in Trinidad at the Holy Trinity Church at 2 p.m. The group will be playing pieces from the early to late baroque, touching on subject matter such as "lillies, butterflies, swans, cats, dogs, frogs and nightingales," according to its press release. The church turns 142 this year, so the \$15 suggested donation goes in part to cover costs of restoration work — including "raccoon attic barriers."

Wednesday

Back at the Alibi, some cosmic reverb rock comes courtesy of local psych-rockers (and Europe tourers) **White Manna** and Oakland "psych-pop" outfit **Sugar Candy Mountain**. As kid-friendly as this all sounds, it's a 21+ show at the usual Alibi start time of 11 p.m. \$5.

Full show listings in the *Journal's* Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com. ●

Andy Powell is a congenital music lover and hosts The Night Show on KWPT 100.3 FM weeknights at 6 p.m. which now streams live at www.kwpt.com

THE ORIGINAL • SINCE 2002

Humbo dt

CLOTHING CO.

f **New THC Collection**
wallet just arrived.

987 H ST Arcata (707) 822-3090
Bayshore Mall Eureka (707) 476-0400

Live Entertainment Grid

Music & More

ARCATA & NORTH

VENUE	THUR 1/7	FRI 1/8	SAT 1/9	SUN 1/10	M-T-W 1/11-13
THE ALIBI 744 Ninth St., Arcata 822-3731			Kill Matilda (punk) 11pm \$5		[W] White Manna, Sugar Candy Mountain (cosmic, psych) 11pm \$5
ARCATA PLAYHOUSE 1251 Ninth St., 822-1575		<i>A Day in the Desert</i> (theater) 8pm \$20, \$15, \$10	<i>A Day in the Desert</i> (theater) 4pm, 8pm \$20, \$15, \$10		
ARCATA THEATRE LOUNGE 1036 G St., 822-1220	Ocean Night Film Screening 6:30pm \$3 donation	<i>Raiders of the Lost Ark</i> (film) 8pm \$5		<i>Robin Hood 1973</i> (film) 6pm \$5, All Ages	[M] CFP Championship game 5:30pm Free w/\$5 food/bev [W] Sci-Fi Night ft. <i>Mistress Of Atlantis</i> 6pm Free w/\$5 food/bev
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free		Terrapin Breeze, Mad River Rounders (folk, rock, blues) 8pm Free	Jazz Jam 6pm Free	[M] Trivia Night 7pm Free [W] Local Music Showcase 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	Miracle Show (Grateful Dead tribute) 9pm Free	Gumbostew (rock, soul, zydeco) 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CENTRAL STATION 839-2016 1631 Central Ave., McKinleyville	Open Mic w/Jimi Jeff 8pm Free	Karaoke w/Rock Star 9pm Free	The Lost Dogs (blues) 9m Free		
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		NightHawk (classic rock, dance) 9pm Free	Christina D'Alessandro & The Northcoasters (dance, rock, pop) 9pm Free	Karaoke w/DJ Marv 8pm Free	[T] Karaoke w/DJ Marv 8pm Free
CLAM BEACH INN 839-0545 4611 Central Ave., McKinleyville		Kindred Spirits (Gypsygrass) 10pm Free			
CRUSH 825-0390 1101 H St., Arcata			Jim Silva (guitar) 7pm Free		
FLDHBROOK FAMILY MARKET 4636 Fieldbrook Road, 839-0521		Friday Night Music w/The Yokels (rock) 7:30pm Free	Acoustic Night Saturdays 6pm Free		
THE JAM 915 H St., Arcata 822-4766	Watani Ana Fundraiser w/ DJ Red, The Lost Luvs, Matt Jackson 9pm \$5	MF House (DJs) 9pm TBA		DGS Sundaze (EDM DJs) 9pm \$5	[T] Savage Henry Comedy 8pm \$5 [W] The Whomp (DJs) 9pm \$5
LARRUPIN 822-4766 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6pm Free		Dogbone (feral jazz) 6pm Free	[W] Aber Miller (jazz) 6pm Free

FRIDAYS & SATURDAYS
7 PM TO 10 PM

\$24,000 in cash and 32 winners, come test your luck at Cher-Ae Heights Casino this winter.

Winter CASH CRAZE DAYS

Complete details at the Crown Club. Earn an entry for the drawings with every 200 points earned. Limit one prize per individual, per day.

27 SCENIC DRIVE • TRINIDAD, CA 95570 • OFF HWY 101
707-677-3611 • 800-684-2464 • WWW.CHERAEHEIGHTSCASINO.COM • FREE SHUTTLE

Management reserves the right to change or cancel any promotion at any time. Bet with your head, not over it. Gambling problem? Call 1-800-522-4700.

NIGHTLY IN JANUARY
10 pm to Midnight

2X, 2X, 2X...
the points!!!

Late Night POINTS
Happy Hour

Get all the details at the Crown Club.

Facebook Twitter YouTube

Arcata • Blue Lake • McKinleyville • Trinidad • Willow Creek *Eureka and South on next page*

VENUE	THUR 1/7	FRI 1/8	SAT 1/9	SUN 1/10	M-T-W 1/11-13
LIBIATION 761 Eighth St., Arcata 825-7596	Claire Bent (jazz) 7pm Free	Duncan Burgess (guitar) 7pm Free	Randles, Labolle & Amirkhan (jazz) 7pm Free		[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 355 Main St., Trinidad 677-0077				Dee Hemmingway and Eric Hann (jazz) 7pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake		Kingfoot (Americana) 9pm Free	The Undercovers (covers) 9pm Free	Potluck (food) 6pm Free	[W] Cribbage Tournament 7pm \$5
MAD RIVER BREWING CO. 101 Taylor Way, Blue Lake 668-5680	Grand Re-opening Party w/ Silver Hammer (Beatles tribute) 6pm Free	No Covers (jazz) 6pm Free	Honky Tonk Detours (country rock) 6pm Free		[T] ATF Trio (jazz) 6pm Free [W] Piet Dalmolen (guitar) 6pm Free
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187	Trivia Night 7pm Free	Open Mic w/Jeremy Bursich 7pm Free			[T] Human Expression Open Mic 7pm Free
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rudelion 8pm \$5
REDWOOD CURTAIN BREW 550 S G St. #6, Arcata 826-7222	Piet Dalmolen (guitar) 8pm Free		Holus Bolus (rock) 8pm Free		[W] Pints for Non-Profit, Humboldt Spay & Neuter Network All Day [M] Miniplex: <i>James White</i> (film) 6:30pm \$8, <i>Left Behind</i> (film) 9pm \$5 [T] Miniplex: <i>James White</i> (film) 5:30pm \$8, <i>Ritmos Latinos</i> 8pm Free [W] Miniplex: <i>James White</i> (film) 6:30pm \$8
RICHARDS' GOAT TAVERN 401 I St., Arcata 630-5000	Miniplex: <i>James White</i> (film) 6:30pm \$8	Miniplex: <i>James White</i> (film) 6:30pm \$8	Miniplex: <i>James White</i> (film) 4pm \$6.50, <i>The Messenger</i> (film) 6:30pm \$8	Miniplex: <i>James White</i> (film) 4pm \$6.50, <i>The Messenger</i> (film) 6:30pm \$8 Karaoke 9pm Free	
SIDELINES 732 Ninth St., Arcata 822-0919	Rudelion Sound (DJ) 10pm TBA	DJ Music 10pm TBA	Sidelines Saturdays w/Rudelion 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville	Opera Alley Cats (jazz) 9pm Free	Chris Parreira & Rosalind Parducci (singer/songwriters) 9pm Free		Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free
TOBY & JACKS 764 Ninth St., Arcata 822-4198		Hip-hop DJs 9pm Free	DJ Music 10pm Free		[W] Reggae Wednesdayz w/Rudelion 10pm Free

PROUDLY SERVING THE FINEST ORGANIC COFFEE, TEA & TREATS.

1603 G St., Northtown Arcata

933 I St. Arcata
707- 822-1100

COFFEE • SANDWICHES • SALADS • SOUPS

MON. TO SAT. 8AM-6PM | SUNDAYS 9AM-3PM

Opening January 2016
761 8th Street, Arcata
707-630-5300
www.saltfishhouse.com

Low Cost 215 Evaluation Center
All Renewals Starting At \$80
Renew Your 215 From Any Doctor or Clinic For Less
Walk-ins Welcome Wed & Sat 11-5pm
Special discount for Seniors, SSI, Veterans & Students
Natural Wellness Center

New Patients ONLY \$90
Lowest Price Evaluations in HumCo
Medical Cannabis Consultants (707) 407- 0527
508 I Street, Eureka
(across from HC Court House)

The Only Alibi You'll Ever Need!

Open Daily 8am - 2am

744 9th St. on the Arcata Plaza
822-3731
www.thealibi.com

HAPPY HOUR 4-6PM DAILY



\$2⁵⁰

HUMBOLDT
DISTILLERY
VODKA
MARTINI

BOMBAY
MARTINI

JIM BEAM
MANHATTAN

25% OFF ALL DRINKS,
EXCEPT TOP SHELF SPIRITS

RESTAURANT 301 &
CARTER HOUSE INNS
301 L St, EUREKA
(707) 444-8062
CARTERHOUSE.COM



Live Entertainment Grid Music & More

EUREKA & SOUTH

Arcata and North on previous page

Eureka • Fernbridge • Ferndale • Fortuna • Garberville • Loleta • Redway

VENUE	THUR 1/7	FRI 1/8	SAT 1/9	SUN 1/10	M-T-W 1/11-13
BAR-FLY PUB 91 Commercial St., Eureka 443-3770		Bar-Fly Karaoke 9pm Free	DJ Saturdays 10pm Free		[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 11 Bear Paws Way, Loleta 733-9644	Karaoke w/Chris Clay 8pm Free	The Backstreet Band (classic rock) 9pm Free	Vintage Rock and Soul (rock, R&B) 9pm Free		
CALICO'S CAFE 923-2253 808 Redwood Drive, Garberville			Frisky Brisket (violin, guitar) 7pm Free	Jen Tal and The HuZBand (acoustic duo) 6:30pm Free	
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		The Tumbleweeds (cowboy) 6pm Free	The Tumbleweeds (cowboy) 6pm Free		
CURLEY'S FULL CIRCLE 460 Main St., Ferndale 786-9696					[W] Open Mic Night 7pm Free
EUREKA INN PALM LOUNGE 518 Seventh St., 497-6093	Brian Post & Friends (jazz) 6pm Free, Salsa 9pm Free		Make Me Laugh! (comedy) 9pm \$5		[T] Anna Banana (blues comedy) 8pm Free [W] Comedy Open Mikey 9pm Free
EUREKA THEATER 612 F St., 442-2970			The Iron Giant (film) 2pm \$5		
FERNBRIDGE MARKET RIDGETOP CAFE 786-3900 623 Fernbridge Dr., Fortuna					[M] Open Mic 5:30pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 6pm Free	Buddy Reed and Raia Ryan (raw blues) 6pm Free		Open Irish/Celtic Music Session 3pm Free	
LIL' RED LION 1506 Fifth St., Eureka 444-1344			Karaoke w/DJ Will 9pm Free	Karaoke w/DJ Will 8pm Free	[T] Pool Tournament 7pm \$5
MATEEL COMMUNITY CENTER 59 Rusk Ln., Redway 923-3368		Mateel's Comedy Cabaret w/Matt Gubser, Iris Benson 9pm \$10			
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600					[W] Open Mic w/Mike Anderson 7pm Free
PEARL LOUNGE 507 Second St., Eureka 444-2017	Dirty Thursdays (DJ music) 9pm Free	DJ music 10pm Free	DJ music 10pm Free		
ROSE'S BILLIARDS 535 Fifth St., Eureka 497-6295		Ultra Class Fridays (DJ music) 10pm Free			[T] 8 Ball Open BCA Tournament 7:30pm \$10

FORBUSCO

LUMBER &
BUILDING SUPPLY

WEEKLY SPECIAL!

Sale Starts January 14th
Sale Ends February 3rd

\$145

CASCADE
WINDOWS

In-Stock
6' x 4' Horizontal Sliding
Insulated Vinyl Windows

Every Cascade window is carefully
designed for maximum year-round
comfort, and with the beauty of
your home in mind. White. CA04020V

4' x 4' CA04020V **\$125**
3' x 3' CA03020V **\$95**

Product may differ from picture.



20% off Our Everyday
Low Prices

All
Vanities
In Stock

Improve your bathroom!

Special Orders Included.



Steel Door



149⁵⁰

Pre-Hung 36"
Steel Entrance Door
A-grade stile and rail.
Pre-hung. Single bore.
In stock only. Model S66
PHS66L, PHS66R

Fiberglass
PHF66L,
PHF66R **\$182**

Security Door



99⁵⁰

Magnum Steel
Security Door
36". Choice of
White or Black.
C153329, C153333

Steel Door



\$155

Pre-Hung 36"
Steel Entrance Door
A-grade stile and rail.
Pre-hung. Double bore.
In stock only.
PHS66RDB, PHS66LDB

Fiberglass
PHF66LDB,
PHF66RDB **\$184**

U-Haul Only...Limited Stock On Hand

CHECK BACK AGAIN TO VIEW OUR NEXT CIRCULAR

FORBUSCO LUMBER • 1784 SMITH LANE • FORTUNA, CALIFORNIA • (707) 725-5111

16-0001 CU

COPYRIGHT 2016, CIRCULARS UNLIMITED circulars.com

hwma

New TV or stereo for christmas? Decided to finally upgrade to
those fancy new appliances for the New Year?

Don't stick those old worn out items in your garage or attic to
collect dust or get in your way, bring them down to HWMA!!
We are the one stop for all your recycling and disposal needs.

What we accept

Ewaste,TV's and Microwaves
Refrigerators, Washers and Dryers
Cardboard, Glass and Plastic #1-7
Scrap Metal
Clean used Oil

Give us a call at 707-268-8680

Don't forget to bring that old christmas tree down with you





Trumpet Consort von Humboldt plays Saturday, Jan. 9 at the Fortuna Monday Club at 7:30 p.m. \$10.

VENUE	THUR 1/7	FRI 1/8	SAT 1/9	SUN 1/10	M-T-W 1/11-13
SHAMUS T BONES 191 Truesdale St., Eureka 407-3550			Saturday Nightlife w/Accurate Productions (DJ music) 10:30pm Free		
SHOOTERS OFF BROADWAY 1407 Albee St., Eureka 442-4131		Country & Rock Night w/ Accurate Productions (DJ music) 9pm Free		Karaoke Night w/Accurate Productions 9pm Free	
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778	Humboldt Poetry Slam w/ Zachary Kluckman 9pm Free		Rosalind Parducci & Chris Parreira w/Belles of the Levee, The Curiosities 9pm \$5 donation		[M] Phantom Wave Presents: Hardware Test 8pm Free
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and USGO (jazz) 7pm Free
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			[M] Tony Roach (standards) 6pm Free

BERON GRILL

HAPPY HOUR
WEEKDAYS 4-6PM

OLD TOWN EUREKA
516 2ND ST. ♦ 443-3663
WWW.OBERONGRILL.COM

The Sea Grill

Always Fresh
Local Seafood
Extensive
Salad Bar
Famous
Seafood
Chowder
Full Bar

316 E ST • OLD TOWN EUREKA • 443-7187
DINNER: MONDAY-SATURDAY 5-9 PM

WERDUM vs VELASQUEZ 2

Saturday February 6th
FREE LIMO PICK UP!
Free Cover! • Free Food! • Viewing on 6 HD screens!
Double Dancer stages and 2/4/1 lap dances following main event
Join for Humboldt's Premier UFC Watch Party and Sexiest After Party

The FABULOUS
Tip Top

☆ WOMEN-OWNED ☆
GENTLEMEN'S CLUB
NIGHTLY 9PM-3AM 21+ ONLY
FABULOUS TIPTOP.COM
CLUB: 443-5696 BAR: 443-6923
King Salmon Exit, Hwy. 101, Eureka

Bayfront Restaurant

One F Street, Eureka, CA 443-7489
Open Daily 11-9:30pm | BayfrontRestaurant.net

NORTH COAST JOURNAL

COCKTAIL COMPASS

100+ BARS
80+ HAPPY HOURS

NORTHCOASTJOURNAL.COM
/COCKTAILCOMPASS

A Taste of Bim

A CARIBBEAN BISTRO

HAPPY HOUR
DAILY 4-6 PM
\$1 OFF BEER &
\$4 APPETIZER
MENU

OPEN AT 11 AM DAILY
613 3RD ST. EUREKA • 707-798-6300

Westside Pizza
It's all about the pizza!

**1-Medium
1-Topping Pizza
ONLY \$5.99**

* BRING IN THIS AD *

600 F Street ARCATA (707) 822-9990
432 S. Fortuna Blvd. FORTUNA (707) 725-9990

Order Online westsidepizza.com

Calendar January 7 - January 14, 2016



Shutterstock

Brides and grooms-to-be and party people hit the **River Lodge Wedding and Event Faire** on **Jan. 10** from **1 to 4 p.m.** at the **River Lodge Conference Center** (\$10). With more than 30 vendors — photographers, caterers, coordinators and more — you just might find the ring, dress, cake and a spouse all in one stop.



The Iron Giant

Once upon a time, there was a beautifully hand-drawn animated film about a boy who befriends a towering yet peaceful robot who falls from space amid Cold War paranoia. **The Iron Giant**, showing **Jan. 9 at 2 p.m.** at the **Eureka Theater** (\$5), is a smart, moving and widely under-appreciated family film. Prepare for adventure. Bring tissues.



Courtesy of The Mad River Rounders

The **Winter in Westhaven** benefit for Trinidad Art Nights on **Jan. 8** from **6 p.m.** keeps the creative vibe alive. Check out fire dancing by Circus of the Elements, music by Jeff DeMark, old time banjo standards with Tim and George Breed, conscious hip-hop by Cottonwood, poetry by Janine Volkmar and art from Stewart Studios artists at the **Westhaven Center for the Arts** (\$5, kids free).



Courtesy of the artists

Oasis

January can be a bit of a desert for entertainment. But this week the **Arcata Playhouse** saves parched theater fans, hosting the international, award-winning play, **A Day in the Desert**, showing **Jan. 8 at 4 and 8 p.m.** and **Jan. 9 at 8 p.m.** (\$20, Playhouse members \$15, youth \$10). The musical, mime/clown theatrical collaboration of South Africans Jenine Collocott and Nick Warren, and German actress and harpist Barbara Draeger tackles serious issues such as global warming and the loss of the natural world, but

does so with inventive playfulness that appeals to kids and adults alike. Arcata native and artist Casey James Mulderig, who has spent the last five years studying, producing and performing in Europe, has teamed with the trio to bring this production to the playhouse.

A Day in the Desert revolves around two friends: Fiona (Collocott), an upright, unadventurous citizen who is afraid to set foot beyond her front door, and her extroverted friend Andromeda (Draeger), who persuades Fiona to join

her on an adventure. The two hop an airplane headed for the Kalahari Desert. The production, directed by Vika Dahlberg-Hansen, won an Encore Ovation Award for theater excellence at the Grahamstown National Arts Festival in South Africa when it premiered there in 2013. The show promises “magical realism that takes you from the confines of the inner city to the freedom of outer space and back.” And you only need to get to Arcata.

—Kali Cozyris

7 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

MOVIES

James White. 6:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. A 20-something New Yorker struggles with his self-destructive behavior in the face of family challenges. \$6.50-\$8. www.richardsgoat.com.

Ocean Night Film Screening. 6:30 p.m. Arcata Theatre Lounge, 1036 G St. \$3 donation. www.arcatatheatre.com.

SPOKEN WORD

Humboldt Poetry Slam. 7:30 p.m. The Siren's Song Tavern, 325 Second St., Eureka. A Reason to Listen hosts Albuquerque poet Zachary Kluckman. \$5.

EVENTS

Watani Ana Fundraiser. 9 p.m.-1:30 a.m. Jambalaya, 915 H St., Arcata. Comedy by Savage Henry, Music by DJ Red, The Lost Luvs & Matt Jackson, all hosted by John McClurg to raise money for Deric Mendes' documentary about Syrian refugees. \$5. www.facebook.com/iammyhomeland.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon Discovery Museum, 612 G St., Eureka. Stories, crafts, songs and dance for children ages 3-5. Call ahead. \$5, \$3 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

MEETINGS

Humboldt County Beekeepers. 6 p.m. Humboldt County Agriculture Department, 5630 South Broadway, Eureka. Featuring a guest speaker, refreshments and raffle. All are welcome. \$2 donation. 845-3362.

Red Cross Volunteer Orientation. 6-9 p.m. Humboldt Bay Fire Conference Room, 533 C St., Eureka. Red Cross volunteers are trained to provide food, shelter and comfort for families affected by disasters such as fires, floods and earthquakes. Free.

Redwood Coast Woodturners. First Thursday of every month, 6-8:30 p.m. McKinleyville Middle School, 2285 Central Ave. All interested in wood turning are welcome, beginner to pro, no experience needed. This meeting will focus on Turning Small Projects (pens, bottle stoppers, bracelets, etc.). Free. 499-9569.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. Skate rental included. See website for schedule. \$12, \$8 kids. www.humboldticerink.com.

ETC

Food Truck Public Workshop. 6-7:30 p.m. Wharfinger Building, 1 Marina Way, Eureka. From food trucks to food carts, from produce wagons to bicycle-powered coffee carts, the City of Eureka seeks your input on the future of mobile food vending in the city. 441-4160. Free.

Heads Up This Week. Volunteer opportunities, contests and more.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers,

spinners and fiber artists to socialize and work on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

8 Friday

ART

Arts! Arcata. Second Friday of every month, 6-9 p.m. Arcata Plaza, Ninth and G streets. Art, music and more art. Downtown Arcata and surrounding area. Free. arcatamainstreet@gmail.com. www.arcatamainstreet.com. 822-4500.

DANCE

World Dance Party. 7:45-11 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. The Humboldt Folk Dancers present an easy dance lesson and an evening of music by Chubritza and guest musicians. All ages and dance levels welcome. \$5. ckurumada@aol.com. www.humboldtfolkdancers.org. 496-6734.

LECTURE

Fantastic Birds of New Guinea. 7:30-9 p.m. Eureka High School Lecture Hall, corner of Humboldt and K streets. David Price presents. Bring a mug to enjoy shade-grown coffee, and come fragrance-free. Free. www.rras.org/calendar.html.

MOVIES

James White. 6:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 7 listing.

Raiders of the Lost Ark. 8 p.m. Arcata Theatre Lounge, 1036 G St. Harrison Ford hangs onto his hat as the adventurer/archaeologist Indiana Jones in this first film in the series. \$5. www.arcatatheatre.com.

THEATER

A Day in the Desert. 8 p.m. Arcata Playhouse, 1251 Ninth St. A physical theater/clown play with international performers from Germany and South Africa. Tickets and info at www.arcataplayhouse.org. \$20, \$15, \$10. www.arcataplayhouse.org.

EVENTS

Winter in Westhaven. 6-9 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. A variety show and all-ages family event with kids crafting, food and beverages and outside fire pit with marshmallow roasting. \$5, kids free. 502-5737.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. \$2 practice, \$5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Jan. 7 listing.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

COMEDY

Mateel's Comedy Cabaret. 9 p.m. **Mateel Community Center**, 59 Rusk Lane, Redway. Bay Area comics Matt Gubser and Iris Benson with locals Talvi Fried and host Tony Persico. 18 and up. \$10. office@mateel.org. 923-3368

9 Saturday

ART

Arts on the Avenue. Second Saturday of every month, 6-8 p.m. Eagle Prairie Arts District, 406 Wildwood Ave., Rio Dell. Local artists, artisans, kids' activities and music all along the avenue. Free. https://www.facebook.com/info.epad/info. 506-5081.

Blue Lake Art Night. Second Saturday of every month, 6-8 p.m. Blue Lake, Off State Route 299 Exit 5. Art, music and food at businesses around town. Free. bluelakestudio239@gmail.com.

LECTURE

Farmer Winter Workshop: Books and Records for Farmers. 1-3:30 p.m. Humboldt County Agriculture Center, 5630 South Broadway, Eureka. Learn about farm accounts, taxation and making returns. Facilitated by Kathrine Almy. Free. outreach@humfarm.org. www.ucanr.edu/2016farmerwinterworkshopseries. 441-9999.

Farmer Winter Workshop: California Farmlink. 3:45-5 p.m. Humboldt County Agriculture Center, 5630 South Broadway, Eureka. Frederick Smith presents financing options including loans, crowd funding and other alternative financing strategies. Free. outreach@humfarm.org. www.ucanr.edu/2016farmerwinterworkshopseries. 441-9999.

MOVIES

Iron Giant. 2 p.m. Eureka Theater, 612 F St. Kid matinees return with this film about a boy who befriends a 50-foot robot from outer space. \$5. www.theeurekatheater.org.

James White. 4 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 7 listing.

The Messenger. 6:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. An artful investigation into the causes of songbird mass depletion and the people working to turn the tide. \$6.50-\$8. www.richardsgoat.com.

MUSIC

Gil Cline & Trumpet Consort von Humboldt. 7:30 p.m. Fortuna Monday Club, 610 Main St. Enjoy music performed in costume and using natural (no valve) 1667 trumpet copies. \$10, \$8. fortunaconcert@live.com. fortunaconcertseries.com. 768-3231.

THEATER

A Day in the Desert. 4 & 8 p.m. Arcata Playhouse, 1251 Ninth St. See Jan. 8 listing.

EVENTS

KHUM 20th Birthday Blowout. 8 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. Meet and mingle with DJs, dance with Striped Pig Stringband and Lyndsey Battle, listen to live music by The Hip Joint and Object Heavy, and enjoy food and drink. \$10, \$8 advance. www.ci.eureka.ca.gov.

FOR KIDS

Babies at the Library. Second Saturday of every month, 11 a.m.-noon. Trinidad Library, 380 Janis Court. Songs, rhymes and playtime for children ages 3 months to 2 years. Free. trihuml@co.humboldt.ca.us. 677-0227.

Dad and Me Playgroup. Second Saturday of every month, 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. A playgroup for male role models and their children,

ages 0 to 5. Free. redwooddiscoverymuseum@gmail.com. discovery-museum.org. 443-9694.

Family Arts Day. 2-4 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Explore abstract art through action painting. Spill, slap and splatter paint. Prepare to have fun and get a little messy. \$5, \$2, free to members and kids. janine@humboldtarts.org. www.humboldtarts.org. 442-0278.

Nature Story Time. 2-3 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Join Karen Mast for Nature Story Time. Geared for ages 3-6, story time focuses on the natural world and is followed by a simple craft project. For more information or to reserve a space, call 444-1397 or email info@friendsofthedunes.org. Free. info@friendsofthedunes.org. 444-1397.

Story Time. Every other Saturday, 11 a.m. Rio Dell Library, 715 Wildwood Ave. Stories, songs and games for early readers and parents. Free. riohumml@co.humboldt.ca.us. 764-3333.

FOOD

Winter Farmers Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Farm fresh produce, rain or shine. On G and Eighth streets. Free. outreach@humfarm.org. www.humfarm.org. 441-9999.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Led by Leslie Anderson. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet the trip leader in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Free. www.rras.org/calendar.

Exploring Protected Areas on Land and Sea. 2-4 p.m. Ma-le'l Dunes Parking Area, Young Lane, Manila. Join Carol Vander Meer, Delia Bense-Kang and Elizabeth Pope for a guided walk. Reserve your space. Free. info@friendsofthedunes.org. 444-1397.

Hikshari' Volunteer Trail Stewards. 9-11 a.m. Hikshari' Trail, Elk River Wildlife Sanctuary, Eureka. Help plant shrubs and ground cover, or bash aggressive non-natives such as mustard and fennel. Bring water and gloves if you have them. Free. wnyaylor@humboldt1.com.

Volunteer Resortation Day. March 8, 9 a.m. Patrick's Point State Park, 4150 Patrick's Point Drive, Trinidad. Help remove English ivy, a moderate activity. Wear sturdy shoes. Gloves and tools are provided. Free. Michelle.Forys@parks.ca.gov. 677-3109.

Winter Rarities Birding Trip. 7:30 a.m.-4 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Join Redwood Region Audubon Society on a birding trip to look for "winter rarities," starting in Arcata and ending in the Ferndale area. Bring lunch and dress warmly. Heavy rain cancels. Free. www.rras.org/calendar.html.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Jan. 7 listing.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Jan. 8 listing.

COMEDY

Make Me Laugh! 9 p.m. **Palm Lounge, Eureka Inn**, 518 Seventh St. A game show in which you sit face to face

with a comedian for 60 seconds and try not to laugh. \$5. 502-9656.

ETC

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

10 Sunday

ART

"Figuratively Speaking" Reception. 1-4 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. Art show featuring figurative works by artists from Stewart Studios. Free. 677-9493.

BOOKS

Science Fiction Club of Humboldt. 5-7 p.m. Old Town Coffee & Chocolates, 211 F St., Eureka. General discussion of all things Science Fiction. Book recommendations. Reviews of movies and television. Free. www.oldtown-coffeeeureka.com.

DANCE

Afternoon of Dance. 2-3 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Enjoy family-friendly Folkloric Tribal Bellydance with Tribal Oasis Bellydancers. \$5, \$2, Free to members kids. janine@humboldtarts.org. www.humboldtarts.org. 442-0278.

MOVIES

James White. 4 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 7 listing.

The Messenger. 6:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 9 listing.

Robin Hood (1973). 6 p.m. Arcata Theatre Lounge, 1036 G St. Disney's animated version of the famous tale. \$5. www.arcatatheatre.com.

MUSIC

Alphabet Baroque Club. 2-3:30 p.m. Holy Trinity Church, Parker and Hector St., Trinidad. The ABC uses historically accurate instruments of the baroque to explore the music of the baroque in its own sonority. Donation. 845-1125.

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

EVENTS

River Lodge Wedding and Event Faire. 1-4 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. Plenty of vendors to help you plan your perfect wedding. \$10. www.friendlyfortuna.com. 725-7572.

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring

Continued on next page »

Calendar

Continued from previous page

Duplos and more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Eat So They Can. 12-3 p.m. D Street Neighborhood Center, 1301 D St, Arcata. Benefit for the BLES D project/ Uganda fundraiser featuring food, silent auction, photo booth, live music, painting and kids’ activities. \$10. matt.blestd@gmail.com. 498 3212.

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. (503) 828-7421.

OUTDOORS

Audubon Society Birding Trip. Second Sunday of every month, 9 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Learn the common birds of Humboldt on a two- to three-hour walk. Meet at the Visitor Center. Free. 822-3613.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. \$2 practice, \$11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Jan. 7 listing.

Roller Hockey Pickup. 6-8 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Two hour drop-in hockey game, open to all skill levels, at Franceschi Hall. \$12. info@humboldthockey.com. www.humboldthockey.com.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. Free. www.nugamesonline.com. 497-6358.

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242.

11 Monday

DANCE

Let’s Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dance to live music including standards, country and ’70s. For anyone 50 years and older. \$4.

MOVIES

James White. 6:30 p.m. Richards’ Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 7 listing.

MUSIC

Humboldt Ukulele Group. Second Monday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. \$3. dsanderl@arcatanet.com. 839-2816.

SPOKEN WORD

Poets on the Plaza. Second Monday of every month,

8 p.m. Plaza View Room, Eighth and H streets, Arcata. Read/perform your original poetry or hear others. \$1.

MEETINGS

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

SPORTS

CFP Championship Game. Arcata Theatre Lounge, 1036 G St. Check www.arcatatheater.com for details. www.arcatatheatre.com.

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Jan. 7 listing.

12 Tuesday

LECTURE

Lecture Series: Our Oceans. 7-8 p.m. HSU Natural History Museum, 1242 G St., Arcata. David Tissot, HSU Marine Lab director, talks about sea star wasting disease and the crab season delay. Donations appreciated. Hot tea and cookies served. Free. mjb11@humboldt.edu. www2.humboldt.edu.natmus. 826-4479.

MOVIES

James White. 5:30 p.m. Richards’ Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 7 listing.

The Man I Love (1947). 6:30-8:30 p.m. Humboldt County Library, 1313 Third St., Eureka. The Humboldt County Library’s “Based on the Book” January classic movie series “The Affairs of Women” continues with the noir-ish *The Man I Love*, starring Ida Lupino. Hosted by Charity Grella. Free. 269-1962.

FOR KIDS

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Free play for kids 0-5. Regular admission for kids over 5. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 10 listing.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Jan. 7 listing.

COMEDY

Savage Henry Comedy Night. 8 p.m. *The Jam*, 915 H St., Arcata. Local and out of town comedians bring the ha-has. \$5. 822-4766.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from \$1-\$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior’s Lutheran Church, 425 Shaw Street, Ferndale. Cards and pegs.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

13 Wednesday

LECTURE

Conservation Lecture Series. 7 p.m. Sequoia Park Zoo, 3414 W St., Eureka. “A Tale of Three Predators: Using conventional and progressive techniques to investigate forest carnivore relationships.” Presented by Greta Wengert. Free. www.sequoiaparkzoo.net.

MOVIES

James White. 6:30 p.m. Richards’ Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 7 listing.

Sci Fi Night ft. Mistress Of Atlantis. 6 p.m. Arcata Theatre Lounge, 1036 G St. Two soldiers on a search for Atlantis in the Sahara are captured and taken to meet its beautiful queen. Free w/\$5 food or beverage purchase. www.arcatatheatre.com.

SPOKEN WORD

Storyteller Baba Jamal Koram. 6:30 p.m. Eureka Main Library, 1313 Third St. Baba Jamal Koram will tell stories from the African tradition for young and old alike. Free.

FOR KIDS

Youth & Teen Study Group. 3-4:30 p.m. The Multi-Generational Center, 2280 Newburg Road, Fortuna. A quiet environment where students can receive extra help on homework, a snack and optional on-site tutoring. Free. lynea237@gmail.com. www.ervmgc.com. 725-3300.

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Jan. 7 listing.

COMEDY

Comedy Open Mikey. 9 p.m. *Palm Lounge, Eureka Inn*, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. **FREE. 497-6093.**

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

14 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Jan. 7 listing.

BOOKS

Thursday Afternoon Book Club. Second Thursday of every month, 12-1 p.m. Humboldt County Library, 1313 Third St., Eureka. Fun and lively discussion group focusing on adult fiction and nonfiction. Call ahead for upcoming titles. Free. www.humlib.org. 269-1905.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon Discovery Museum, 612 G St., Eureka. See Jan. 7 listing.

MEETINGS

Conservation Meeting. Second Thursday of every

month, noon. Golden Harvest Café Arcata, 1062 G St. Participants discuss conservation issues of interest to the Redwood Region Audubon Society. Free. www.goldenharvestcafe.com. 445-8311.

Humboldt Grange 501 Potluck. Second Thursday of every month, 6:30 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Grange Women’s Auxiliary meets at 6 p.m., potluck at 6:30 p.m., Grange meeting 7:30 p.m. nanettespearschade@gmail.com. www.facebook.com/humboldt.grange. 443-0045.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Jan. 7 listing.

ETC

Community Board Game Night. Second Thursday of every month, 7-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. osslnrcp@northcoast.com. www.baysidegrange.org. 444-2288.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Jan. 7 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 7 listing.

Heads Up This Week

Ferndale Rep offers a \$500 scholarship to a Humboldt County graduating senior pursuing a career in the performing arts. Application deadline is April 1. Visit www.ferndalerep.org/educate or email info@ferndalerep.org.

Humboldt International Film Festival is taking submissions until March 14 through the festival’s website: www.hsufilmfestival.com/submit-a-film. **Humboldt Area Center for Harm Reduction** seeks donations of clean and gently used coats, sleeping bags/blankets, socks, gloves and hats for its “Anything Warm” donation drive. For drop off locations, call 601-6221.

Volunteers wanted for Eureka VA clinic. Call 269-7502.

MOVIES & EVENTS

Jan 7 - Jan 13

THURSDAY

NOW PLAYING

Thurs Jan 7 – Ocean Night Film Screening, Doors @ 6:30 PM, All ages, \$3 donation, Free for OC, Surfrider, & Baykeeper members/children 10 & under.

Fri Jan 8 – Indiana Jones and the Raiders of the Lost Ark (1981), Doors @ 7:30 PM, Movie @ 8 PM, Film is \$5, Rated PG.

Sun Jan 10 – Robin Hood (1973), Doors @ 5:30 PM, Movie @ 6 PM, Film is \$5, Rated G.

1/13 – Sci Fi Night, ft. Mistress Of Atlantis (1932), Doors @ 6 p.m. All ages, Free w/\$5 food & bev purchase.

Arcata Theatre Lounge

arcatatheater.com • 822-1220 • 1036 G St.

Haters

Falling in love with *The Hateful Eight*

By John J. Bennett

filmland@northcoastjournal.com

Not everyone loves Journey.

Reviews

THE HATEFUL EIGHT. Looking back on my lukewarm (pardon the pun) response to *Star Wars: The Force Awakens*, I wondered if it was me, more than the movie, that had let me down. The promise of a *Star Wars* that could return me to the bygone feeling of discovery and wonder that movies used to impart drew me into the trap. In fairness, JJ Abrams did what he could, and his installment looks and feels strikingly like the *Star Wars* universe that sucked us all in in the first place. What it made me realize, though, is that my nostalgia trip isn't about *Star Wars* at all; it's about feeling in love with the movies.

I have been chasing this dragon since childhood, returning to favorites of my youth, only to spoil their effect with my alternately liquor- and pie-eyed gaze. Despite the wear of age — shifting perspectives, hardening attitudes, the natural impulse to put away childish things — I still approach contemporary cinema with hope and ardor, believing in its capacity to transport, and that may be why I am so consistently disappointed. I've grown too old and crusty to enjoy kids' movies, but most of the grown-up stuff is too insipid, uninspired or self-serious. There is still a flicker of hope from modern low-budget horror, though. And there is the roaring, heartening fire of Quentin Tarantino's increasingly sophisticated canon.

The Hateful Eight made me realize that I haven't outgrown knock-out movie highs, at all; I'm just always waiting for my man. *Pulp Fiction* shook me out of early-onset cinematic ennui and, ever since, I've been able to count on Tarantino for a silver screen experience that will, at some point but probably from the opening frame to the closing credits, make me feel like a kid again. It's partly a visceral reaction, a giddiness at seeing something I'm not supposed to. But as I've aged (some might say matured) Tarantino has grown up right along with me, continuing to refine and enlarge his writing even as he's formalized some of his early visual style (which I still love) out of existence. He has continued to play with genre and genre conventions so that he can now do so like a conductor with an orchestra. And with *The Hateful Eight*, he has found the perfect symphony.

In post-Civil War Wyoming, a stagecoach

struggles to outrun a fast-approaching blizzard. Its progress is stopped by a black man in a Union cavalry officer's coat sitting atop a pile of frozen corpses in the road. He, Major Marquis Warren (Samuel L. Jackson), a bounty hunter with three bounties to collect and no horse, is in need of a ride. Fortunately for him, the stage has been chartered by John Ruth (Kurt Russell), another bounty hunter, albeit one who transports his quarry alive to their final destination at the end of rope. He's transporting one Daisy Domergue (Jennifer Jason Leigh). Ruth is a brute, but a somewhat enlightened one — a humanist with a fondness for Abraham Lincoln and an evolving perspective on race (a perspective Domergue does not share). He reluctantly lets Warren aboard, and continues on, storm fast approaching. In no time, they encounter another stranger afoot in the cold; this time Chris Mannix (Walton Goggins), would-be sheriff of Red Rock, the party's destination. Mannix is also the son of legendary Confederate officer, a man who refused to capitulate to the Union and who took satisfaction in decimating free-black settlements. This makes for an uncomfortable ride. Since they can't beat the blizzard into Red Rock, the group, with driver O.B. (James Parks), holes up at Minnie's Haberdashery, a jokingly named remote trading post. Minnie's is more crowded than expected, and tensions run high as soon as the door blows open.

Tarantino's epic Western becomes a locked-room mystery with an ingenious subtext about hate, particularly race-hate, in America. There are no true heroes in this story but every character is intelligent, wily, motivated and capable of invention. Perhaps his most dialogue-heavy movie yet (that's saying something), *The Hateful Eight* is a slow burn, running almost three hours with the blood-letting only really starting in the back half. Talky as it may be, though, there isn't a single word out of place, not a thought or sentence that fails to contribute to the story and developing the movie's themes. And when the rough stuff starts, it is as inventive and over the top as anyone could hope for.

Some might take issue with typical Tarantino quirks (casting himself as narrator, insisting on shooting a movie that mostly takes place in one room on beyond-rare Panavision Super 70-millimeter film), but



they are part of what makes this movie great. On the surface, it is largely an exercise in formal, precise, old-fashioned movie making. The framing is exquisite; the camera positions unfailingly perfect; the lighting naturalistic and nuanced (these are all down to the influence of Director of Photography Robert Richardson). But then we have Tarantino's flourishes: his trademark dialogue, a plot driven by tension both narrative and racial, a fascinating dissection of late 19th century America as movie-fodder and as precursor to the boiling-over of our current social climate. The details are stunning, the characters drawn from history and American mythology are indelible and the jokes are hilarious. *The Hateful Eight* sets an impossibly high bar for the coming year. R. 187m. BROADWAY, MILL CREEK.

— John J. Bennett

Fortuna Theatre listings were not available at press time. For showtimes, see the Journal's listings at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456.

Previews

THE BIG SHORT. Steve Carell and Christian Bale in a high-finance drama perched on the housing bubble of the early 2000s. R. 130m. BROADWAY, MILL CREEK, MINOR.

THE FOREST. Natalie Dormer plays a woman searching for her twin in the haunted suicide-magnet woods at the foot of Mt. Fuji. PG13. 93m. BROADWAY, MILL CREEK.

THE MASKED SAINT. A pastor/pro wrestler/vigilante struggles to reconcile his day job and hobbies. Y'all need Jesus. PG13. 105m. BROADWAY.

THE REVENANT. After a bear attack, an abandoned frontier explorer (Leonardo DiCaprio) relies on his wits and grit to get home and take revenge on the former bestie that ditched him. R. 156m. BROADWAY, MILL CREEK, MINOR.

Continuing

ALVIN & THE CHIPMUNKS: ROAD CHIP.

The singing rodents you can either stand or you can't are out to thwart the romance of their handler Dave (Jason Lee) and keep the band together. PG. 86m. BROADWAY.

CONCUSSION. Will Smith plays a real-life forensic pathologist who discovers, to the NFL's chagrin, how hits and tackles are messing with football players' heads. PG13. 123m. BROADWAY.

DADDY'S HOME Will Ferrell and Mark Wahlberg as dueling fathers in predictable and innocuous comedy that offers laughs nonetheless. With a good supporting turn by Hannibal Buress. PG13. 96m. BROADWAY, MILL CREEK.

THE GOOD DINOSAUR. Animated interspecies buddy movie set in an alternate universe in which dinosaurs and humans coexist. With Jeffrey Wright and Frances McDormand. PG. 100m. BROADWAY.

HUNGER GAMES: MOCKINGJAY PART 2. The last nail in the franchise's coffin is so dull you may have to fight your way to the exits. PG13. 136m. BROADWAY.

JOY. David O. Russell's story of a young, down-on-her-luck divorcee-turned-inventress (Jennifer Lawrence) is compelling if unsurprising. PG13. 124m. BROADWAY.

POINT BREAK. Pointless. It's a bad sign when we long for the original Reeves/Swayze movie. Good stunts can't take this remake beyond a Euro-trash, X-Games mess. PG13. 113m. BROADWAY.

SISTERS. Comedy stateswomen Amy Poehler and Tina Fey are funny enough, but play it safe in this coming-of-middle-age comedy. R. 118m. BROADWAY, MILL CREEK.

STAR WARS: THE FORCE AWAKENS. The writing and visuals are a bit too faithful to the original, but they work in this nostalgic return. Leads John Boyega and Daisy Ridley are as compelling as more familiar faces. PG13. 135m. BROADWAY, MILL CREEK, MINOR.

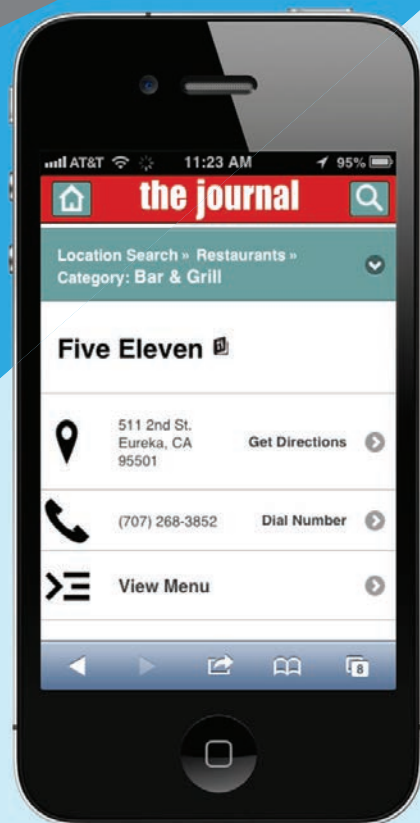
— Jennifer Fumiko Cahill ●

RESTAURANTS



A-Z

400+ Locations



online:
northcoastjournal.com

Search by food type,
region and price.

Browse descriptions,
photos and menus.

on-the-go:
m.northcoastjournal.com

thejournal
OF POLITICS, PEOPLE AND ART

Workshops & Classes

List your class – just \$4 per line per issue! Deadline: Friday, 5pm.

Place your online ad at **classified.northcoastjournal.com**
or e-mail: **classified@northcoastjournal.com**

Listings must be paid in advance by check, cash or Visa/MasterCard.
Many classes require pre-registration.

Arts & Crafts

"NUTS AND BOLTS" DRAWING CLASS with Alan Sanborn, 15 sessions, Jan 25 thru May. Mondays 6:30 - 9:30. Arcata HS campus. Fee \$218 (707) 822-7958 lala@arcatanet.com alansanbornart.com

ART CLASSES @ PLUM BLOSSOM STUDIO Individualized visual arts education for kids. Beg. watercolor for adults. Schedules visit www.thaoart.biz

ART CLASSES @ THE MORRIS GRAVES! This 8 week session's theme is Circus, Circus! Students explore abstraction through drawing, painting, sculpture and more! Session runs January 26/27-March 15/16, 3:45-5 p.m. Tuesdays Level 1 (ages 6-8), Wednesdays Level 2 (ages 9-12). \$90 per session or \$85 for members. Register at (707) 442-0278 or www.humboldtarts.org (A-0114)

THE STUDIO SCHOOL COMIC BOOK ILLUSTRATION WORKSHOP (FOR YOUTH AGES 9-13). Students will gain skills in illustration, basic book making, as well as planning and concept building. With KT Garcia. Sats., Jan. 23-March 12, 12-1:30 p.m.. Fee: \$109. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/studioschool. (A-0114)

THE STUDIO SCHOOL MASK MAKING WORKSHOP (FOR YOUTH AGES 5-8). Students will complete papier maché masks, with a focus on concept building, design, and planning. With KT Garcia. Sats., Jan. 23-March 12, 10-11:30 a.m. Fee: \$109. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/studioschool. (A-0114)

Communication

LIFETREE CAFÉ EXPLORES AMERICA'S STANCE ON CRIME The treatment of criminals in America will be explored at Lifetree Café on Sunday, January 10 at 7 p.m. The program, titled "Tough on Crime," includes a film featuring Sheriff Joe Arpaio of Maricopa County, Arizona. The controversial sheriff has been praised and criticized for his treatment of prisoners. His jail prepares just two low-cost meals per day, restricts television viewing, places inmates in desert tents, and requires prisoners to wear pink underwear. Lifetree Café is a Free Conversation Café - Snacks and Beverages. Located on the Corner of Union and 13th, Arcata. 707 672 2919 or bobbipert@hotmail.com or www.lifetreecafe.com (C-0107)

Computer

MICROSOFT OFFICE PROFESSIONAL 2013 CERTIFICATE CLASS is held Jan. 12, 14, 19 & 21, 2016 9 am- 3:30 pm Fee: \$350 Call College of the Redwoods Community Education at 707-476-4500 (C-0107)

INTRO TO PHOTOSHOP® & IMAGE EDITING. This fast-paced course for beginners to professionals offers an introduction to basic digital image management and editing. With Annie Reid. Sat., Jan 30, 9:30 a.m.-4:30 p.m. Fee: \$125. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (C-0121)

Dance/Music/Theater/Film

ACADEMY OF IRISH DANCE Eureka, offering classes in both solo and group dancing. New adult and childrens classes forming Jan 5 707-834-5333 (D-0107)

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning. Instrument repair. Digital multi-track recording. (707) 382-9468. (DMT-0225)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, (707) 616-6876 shoshannaRaks@gmail.com (DMT-0128)

STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-11:00a.m, Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-0128)

WEST AFRICAN DANCE W/ LIVE DRUMMING. \$10 donation \$5 for Students Tuesday All Level Community Class 5:30-7 Redwood Raks Dance Studio, Arcata Contact Heather 707-834-3610 Facebook Arcata West African Dance (DMT-0128)

Fitness

DRAGON HEART TANG SOO DO AT PRESBYTERIAN CHURCH ON G ST. Tuesday and Thursday classes - kids 4-5pm, adults 5:30-7:30pm. Call Master Becky Rupp 707-923-2886. (W-0225)

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-0128)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-0128)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0128)

Kids & Teens

JOIN JUNIOR CREW (AGES 11-18)

New Rowers Welcome
Learn a New Skill - Be Part of a Team
Mon-Fri 4-6:15 pm (707) 845-4752
hbracoach@me.com www.hbra.org

Lectures

FOUNDATIONS FOR FUNDRAISING. Gain a comprehensive overview of nonprofit fundraising. Course 1 in the 4-course New Designs for Fundraising Certificate program. With Beth Bray. Meets online Jan. 19- Feb. 12. Fee: \$195. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/fundraisingcertificate. (L-0107)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-0128)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. **ARCATA:** Sunday 7:55 a.m., Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. For more info. call (707) 826-1701 or visit arcatazengroup.org **EUREKA:** Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more info. call (707) 845-8399 or visit barryevans9@yahoo.com. (S-0324)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided at 9am. Childrens religious education is at 11am. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0121)

KDK ARCATA BUDDHIST GROUP. Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m, Community Yoga Center 890 G St, Arcata. Contact Lama Nyugu (707) 442-7068, Fierro_roman@yahoo.com, www.kdkarcatagroup.org (S-0128)

SELF-MASTERY: WHO YOU ARE LEADS. Increase self-awareness and appreciation of your strengths so that you can make more conscious and considered choices about how to be as constructive as possible in your words and actions in everyday and difficult interactions. With Roger James and Mary Gelinas, Thurs. & Fri., Jan. 21-22, 9 a.m.-5 p.m. Fee: \$400. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/locc. (S-0107)

UNITY OF THE REDWOODS. Join us at Unity Church of the Redwoods, where love is felt, truth is taught, lives are transformed, and miracles happen. Services begin each Sun. at 11 a.m. 1619 California St., Eureka. Please stay for snacks and conversation after service. (707) 444-8725 (message), www.unityoftheredwoods.org (S-0128)

CHILDBIRTH YOGA EDUCATION OM SHALA YOGA! Is your family growing? Om Shala Yoga hosts a wide variety of specialty classes and workshops for expecting mothers. Learn how to integrate yoga into your pregnancy, birth and beyond. Learn more at www.OmShalaYoga.com or by calling or visiting the studio. 707-825-YOGA(9642) or 858 10th St, Arcata. (W-0107)

KIRTAN: DEVOTIONAL SINGING WITH SHEMAIA SKYWATER AT OM SHALA YOGA! Kirtan is the name for Hindu devotional chanting. By chanting with true devotion we are able to experience a sanctifying & transformative power. Singing these ancient Sanskrit prayers, we join a stream of consciousness & devotion that's been flowing for centuries. Kirtan is hardly at all about musical ability - in this way of singing you're invited to get out of your head and into your heart. Friday, January 15, 7:30-9:00pm. More information at www.OmShalaYoga.com. 707-825-YOGA(9642) Studio located at 858 10th St, Arcata. (S-0107)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240
www.tarotofbecoming.com (S-0128)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0128)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0421)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-1231)

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon's 6:30 p.m -7:45 p.m, at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-1231)

Vocational

CREATIVE WRITING starts February 17 - March 28, 2016, Wednesdays & Fridays 5:30 p.m. - 7:30 p.m at 525 D Street downtown Eureka Call College of the Redwoods Community Education at 707-476-4500 for more information or visit <http://www.redwoods.edu/Departments/Community-Ed/PersonalEnrichment.asp> (L-1231)

LANDSCAPING TRAINING starts Feb 1 - March 21, 2016, M & W Lecture Days: 8:30 am- 12:30 pm plus hands-On Training Days: 8:30 am-3:30 pm Call College of the Redwoods Community Education at 707-476-4500 (V-0106)

MAINTENANCE TECHNICIAN TRAINING starts Feb 1-March 15, 2016, M/T/W 8:30 am-3:00 pm, Call College of the Redwoods Community Education at 707-476-4500 (V-0107)

Wellness & Bodywork

10-MONTH AYURVEDIC LIVING PROGRAM. W/ Traci Webb, @ NW Institute of Ayurveda, Part of Nationally Approved Ayurveda Certificate Program, Meets 1 wkend + 3 wkdays/mo. Starts March 4 (Deadline: Feb. 21), Nutrition, Herbs, Meditation, Yoga, Essential Oils, Colors, 54 CEUs. Prerequisite: "Ayurvedic Self-Care & Cooking" (see listing), Register: www.ayurvedicliving.com, (707) 601-9025 (W-0218)

NEW SPRING SCHEDULE AT OM SHALA YOGA! We offer a wide variety of classes & workshops for those just beginning to advanced practitioners, special classes for kids & expecting families, hot yoga, as well as fitness, meditation and dance classes. All class passes include use of our sauna. Full schedule and class descriptions at www.OmShalaYoga.com. Contact us at 707-825-YOGA(9642) Studio located at 858 10th St. Arcata. (W-0107)

AROMATHERAPY TRAINING PROGRAM. Hands-on "Do it Yourself" Immersion & Essential Oil Distillation @ NW Institute of Ayurveda, w/Traci Webb & Guests, Learn 125 Essential Oils, Make 20+ Products, March 4-6 & 18-20 (Deadline: Feb. 21), 36 CEUs. \$799 (early reg. saves). Register: www.ayurvedicliving.com, (707) 601-9025 (W-0218)

AYURVEDIC MASSAGE PROGRAM. w/Traci Webb @ NW Institute of Ayurveda, Asian Body Therapies, Marma Points, Essential Oils, Herbs, April 20-June 19, (Deadline: March 21), Prerequisite To: "Panchakarma Therapist Program", 112 CEUs. Register: www.ayurvedicliving.com, (707) 601-9025 (W-0317)

AYURVEDIC SELF-CARE & COOKING IMMERSION. with Traci Webb at NW Inst. of Ayurveda. Feb. 19-21, Enjoy Daily Yoga, Self-Care & Lunch!, Prerequisite To: 10-Month Ayurvedic Living Prog. (see listing) \$250 (early reg. saves). 24 CEUs. Register: www.ayurvedicliving.com, (707) 601-9025 (0218)

T'AI CHI WITH MARGY EMERSON At 1049 C Samoa Blvd., Arcata (K St. & Samoa). 10-week term starts January 12. Two programs for beginners: T'ai Chi for Back Pain and Arthritis and Traditional Long Form Wu Style. Chen style and Combined 42 Forms are ongoing. Daytime and evening classes. Begin as late as the third week. Visit a class with no obligation to pay or enroll. For details: www.margaretemerson.com or 822-6508. (W-0114)

INTRODUCTION TO AYURVEDA. at Moonrise Herbs with Traci Webb. 3 Tuesdays, Jan 19-Feb 2, 6:30-9:15pm, Nutrition, Doshas, Aromatherapy & Home Remedies w/Take-homes!, \$108 (early reg. saves). 8 CEUs. Register at Moonrise Herbs or @: www.ayurvedicliving.com, Call: (707) 601-9025 (W-0114)

MASSAGE SCHOOL INFORMATION NIGHT AT ARCATA SCHOOL OF MASSAGE. Free introductory lesson and discussion about massage school. Tuesday, January 12 at 5 p.m. Visit arcatamassage.com or call (707) 822-5223 for info.. (W-0225)

INTRODUCTION TO MEDITATION. You will be given simple tools and techniques to help you develop a daily practice of meditation or enhance your current meditation practice. With David Sandercott. Weds., Jan. 27-Feb. 17, 6-8 p.m. Fee: \$60. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (W-0114)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Dandelion Herbal Center classes with Jane Bothwell. Beginning with Herbs. Jan. 13 - March 9, 2016, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb. - Nov. 2016. Meets one weekend per month with several field trips. Learn in-depth material medica, therapeutics, flower essences, wild foods, formulations and harvesting. Medicinal Cannabis Conference. April 23-24, 2016. Presenters are international, national and local experts that will utilize substantiated research and experience to advance your knowledge base on Cannabis to the next level! Register online www.dandelionherb.com or call (707) 442-8157. (W-0114)

YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSOING. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. \$11 drop-in or 6 class pass \$57. Scholarships avail. info Laurie 362-5457 (W-0128)

What's your food crush?

We're looking for the best kept food secrets in Humboldt.

Email your tip (*Is it a burger? A cookie? A fried pickle?*) and we'll check it out for the Hum Plate blog.

Email jennifer@northcoastjournal.com

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF
STANLEY BUD SONBERG AKA
STANLEY B. SONBERG AKA
STANLEY SONBERG
CASE NO. PR150313**

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, STANLEY BUD SONBERG AKA STANLEY B. SONBERG AKA STANLEY SONBERG A PETITION FOR PROBATE has been filed by Petitioner, Barney Barnhart In the Superior Court of California, County of Humboldt. The petition for probate requests that Barney Barnhart be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on January 14, 2016 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account

as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. ATTORNEY FOR PETITIONER: Bradford C. Floyd
Floyd Law Firm
819 Seventh Street
Eureka, CA 95501
(707) 445-9754
Filed: December 17, 2015
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

12/24, 12/31, 1/7 (15-256)

**TS# 15-2218 NOTICE OF
TRUSTEE'S SALE YOU ARE IN
DEFAULT UNDER A DEED OF
TRUST DATED: 1/23/12. UNLESS
YOU TAKE ACTION TO
PROTECT YOUR PROPERTY, IT
MAY BE SOLD AT A PUBLIC
SALE. IF YOU NEED AN EXPLA-
NATION OF THE NATURE OF
THE PROCEEDING AGAINST
YOU, YOU SHOULD CONTACT
A LAWYER.**

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee, as shown below, all right, title and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any shown herein. Trustor: Aaron Mugleston Duly Appointed Trustee: Foreclosure Specialists LLC Recorded 1/30/12 as Instrument No. 2012-2259-9 of Official Records in the office of the Recorder of Humboldt County, California, Date of Sale: Thursday, January 28, 2016 at 10:30 A.M. Place of Sale: On the steps to the front entrance of the County Courthouse, 825 5th Street, Eureka, CA 95501 The common designation of the property is purported to be: Vacant Land-Directions to the property may be obtained pursuant to a written request submitted to the Beneficiary, Therese M. Rosted, within 10 days from the first publicaiton of this notice at 1388 Court Street, Suite C, Redding, CA 96001 Legal Description PARCEL ONE. The Southeast Quarter of Section 17, Township 10 North, Range 4 East, Humboldt Meridian. PARCEL TWO: A non-exclusive easement for ingress and egress for all purposes, including, but not limited to the transportation and removal of Forest Products, and for public and private utilities purpose in and over

a strip of land 50 feet in width, the center line of which is shown on the Record of Survey, recorded in Book 43, Pages 118 through 121 inclusive of Surveys as: Courses 1 through 75 inclusive, and Courses 81 through 93 inclusive, of ROAD "A". PARCEL THREE: A non-exclusive easement for ingress and egress for all purposes, including, but not hrnited to the transportation and removal of Forest Products, and for public and private utilities purposes in and over a strip of land 50 feet in width, the center line o which begins at Course 13 above and runs thence Northerly and Northwesterly to a point near the Northeast corner of Parcel One above. PARCEL FOUR: A non-exclusive easement for all domestic and commercial purposes and other purposes appurtenant thereto as reserved in, and subject to the terms of, that certain Grant Deed to William Underwood and wife, recorded Mar 5, 2003 as Instrument No. 2003-16318-2, Humboldt County Official Records. APN: 534-193-010 Estimated opening bid: \$234,187.08 Beneficiary may elect to open bidding at a lesser amount. The total amount secured by said instrument as of the time of initial publication of this notice is stated above, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses and advances at the time of initial publication of this notice. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed,

and, if applicable, the rescheduled time and date for the sale of this property, you may call the trustee's information line at 530-246-2727 or visit this Internet Web site: calforeclosures.biz, using the file number assigned to this case: TS #15-2218. Information about postpone-ments that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 12/28/15 Foreclosure Specialists LLC 1388 Court Street, Ste C Redding, CA 96001 530-246-2727, Toll Free: 844-333-6766, Janelle St. Pierre, Trustee Sale Officer Foreclosure Specialists LLC is assisting the Beneficiary in collecting a debt. Any and all information obtained may be used for that purpose. TAC: 985911 PUB: 1/07, 1/14, 1/21/16 (16-001)

**In the Superior Court of the
State of California in and for
the county of El Dorado South
Lake Tahoe Division**

Estate of Brett Russell Cassidy, Deceased
Case No: SP20130033
Notice of Private Sale of Real Property
Notice is Hereby Given that the administrator of the estate of Brett Russell Cassidy, deceased, will sell at private sale the highest and best bidder on the terms and conditions mentioned below and subject to confirmation by the above designated court, all right, title, interest, and estate of the decedent, at the time of decedent's death and all right, title and interest that the estate has acquired, by operation of law or otherwise, other than, or in addition to, that of the decedent at the time of death, and in and to the real property, commonly designated as 93 Steelhead Court, Shelter Cove, Humboldt County, California, Assessor's Parcel No. 111-23 231-24-000, and legally described as follows: Lot 21. Block 106. Tract No. 42. (Shelter Cove Subdivision). according to the map thereof on file in the Office of the County Recorder of Humboldt County, California, in Book 14 of Maps. Pages 73 to 138, inclusive, and Amended Map filed in Book 15 of Maps. Pages 64 to 116, inclusive. Excepting Therefrom all the water and water rights in, under or flowing over said land or appurtenant thereto. Also Excepting Therefrom 50% of all oil, gas and other mineral and hydrocarbon substances below a plane of 500 feet beneath the surface thereof, but without the right of surface entry. Being the same "as reserved by the Bank of California National Association, a national banking association, as Trustee, in Deed recorded August 23, 1976, Book 1361, Official Records, Page 580. Bids or offers are invited for the property and must be in writing, sealed, and received at the office of

12/24, 12/31, 1/7 (15-258)

**NOTICE OF SALE PUBLIC
AUCTION**

Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700 -21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the Civil Code. The undersigned will sell at a public auction by competitive bidding on the 22nd of January 2016, at noon, on the premises where said property has been stored and which are located at South Bay Mini-Storage, 2031 Eich Road, Eureka, County of Humboldt, State of California, as follows. Items to be sold include but are not limited to the following:

Unit#149 Shawn Washington- propane tank, table, shelves, misc boxes
Unit#150 Laurie A Kester- lamps, furniture, pillows and misc boxes
Unit#152 Jeremy Perritt - radial arm saw, furniture, misc boxes
Unit #157 Ernesto R Pulido- tent, furniture, backpacks, misc boxes
Unit#162 Rose Tritchler- clothing, misc boxes and bags
Unit#239 Sandra D James- furniture, misc boxes
Unit#309 C and C Financial - office equipment, overhead projector, misc boxes
Unit#723 Nicholas Apicello- power lawn mower, tools, large bins and boxes
Unit#810 Carol J Dunning- chair, VCR, needlepoint, wool and sewing material
Unit#825 Linda K Miller- computer, chairs, table, file cabinets
Unit#860 Mary J Gereck- furniture, mirror, toys, cabinets, tables,
Unit#879 Sandra M Meyer- furniture, art supplies, luggage, misc boxes and bags

Purchases must be paid for at the time of purchase in cash only. All purchased items are sold "as is" and must be removed from the premises within 24 hours. Sale subject to cancellation in the event of a settlement between owner and obligated party. Bring a flashlight and padlock(s)
Dated this 7th day of January and 14th day of January 2016.
CA BOND NO. 0336118

(16-002)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700 -21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code. The undersigned will sell at public sale by competitive bidding on the 13th of January, 2016, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage. The following units are located at 4055 Broadway Eureka, CA, County of Humboldt.

Anthony Purdy, Space # 5250
Nancy Culbert- Mace, Space # 5446

The following units are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Makal Sjoquist, Space # 2609
William Geary III, Space # 2702

The following units are located at 3618 Jacobs Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Angela Bosworth, Space # 1385
Charles Omstead, Space # 1523
A.J. Tingley, Space # 1619
Tawny Brown, Space # 1718

The following units are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

John Moschetti, Space # 114
D Roxanne Stutrud Tejeda, Space # 295
Joseph Gordon, Space # 400

Items to be sold include, but are not limited to:
Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown. Purchases must be paid for at the time of the sale in cash only. Anyone interested in attending the auction must sign in at 4055

Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchase items sold as is, where is and must be removed at time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. Auctioneer: Kim Santsche, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.

Dated this 31st day of December, 2015 and 7th day of January, 2016

(15-262)

**SUMMONS (Family Law)
NOTICE TO RESPONDENT:
Franklin Jake, Jr.**

YOU ARE BEING SUED.
Lo estan demandando.
PETITIONER'S NAME IS: NOMBRE DEL DEMANDANTE: Patricia Jake
CASE NUMBER: (NUMERO DE CASO): FL140046
You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advise, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp) at the California Legal Services Web Site (www.lawhelpca.org) or by contacting your local county bar association.

Tiene 30 dias de calendario despues de haber recibido la entrega legal de esta Citacion y Peticion para presentar una Respuesta (formulario FL-120 FL-123) ante la corte y efectuar la entrega legal de una copia al demandante. Una carta o llamada telefonica no basta para protegerlo.

Si no presenta su Respuesta a tiempo, la corte puede dar ordenes que afecten su matrimonio o pareja de hecho, sus bienes y las custodia de sus hijos. La corte tambien le puede ordenar que pague manutencion, y honorarios y costos legales.

Para asesoramiento legal, pongase en contacto de inmediato con un abogado. Puede obtener informacion para encontrar un abogado en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en el sitio Web de los Servicios Legales de California (www.lawhelpca.org) o poniendose en contacto con el colegio de abogados de su condado.

NOTICE: RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has

received or seen a copy of them. AVISO: LAS ORDENES DE RESTRICCIÓN SE ENCUENTRAN EN LA PAGINA 2: Las ordenes de restriccion estan en vigencia en cuanto a ambos conyuges o miembros de la pareja de hecho hasta que se despida la peticion, se emita un fallo o la corte de otras ordenes. Cualquier autoridad de la ley que haya recibido o visto una copia de estas ordenes puede hacerlas acatar en cualquier lugar de California. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for yourself or for the other party.

EXENCION DE CUOTAS: Si no puede pagar la cuota de presentacion, pida al secretario un formulario de extension de cuotas. La corte puede ordenar que usted pague, ya sea en parte o por completo, las cuotas y costos de la corte previamente exentos a peticion de usted o de la otra parte. The name and address of the court are (El nombre y direccion de la corte son): Superior Court of California, County of Humboldt 825 5th Street Eureka, CA 95501 The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney, are (El nombre, direccion y numero de telefono del abogado del demandante, o del demandante si no tiene abogado, son): Patricia Jake 3458 G Street Eureka, CA 95503 Date: January 28, 2014 s/Chip Carpenter Deputy (Asistente)

12/24, 12/31, 1/7, 1/14 (15-259)

Superior Court of California
County of Humboldt
In the Matter of: KAMRYN MICHELLE MIRKIN, A Minor child who should be declared free from the custody and control of her father
Case #AD 15 0042
Amended Citation: Freedom from Parental Custody and Control (Abandonment)
THE PEOPLE OF THE STATE OF CALIFORNIA

To: Alexander Blaker Mirkin
By order of this court you are hereby advised that you may appear before the judge presiding in Department #6 of this court on 1/25/2016 at 8:30am, then and there to show cause, if any you have, why Kamryn Mirkin should not be declared free of your custody and control for the purpose of freeing Kamryn Mirkin for stepparent adoption.

The following information concerns rights and procedures which relate to this proceeding for termination of custody and control of Kamryn Mirkin as set forth in Sections 7860-7864 of the Family Code:

(1) At the beginning of the proceeding, the court will consider whether or not the interest of Kamryn Mirkin require the appointment of counsel. If the court finds that the interests of Kamryn Mirkin do require such protection, the court will appoint counsel to represent her, whether or not she is able to afford consent. Kamryn Mirkin will not be present in court unless she so requests or the court so orders.

(2) If a parent of Kamryn Mirkin appears without counsel and is unable to afford counsel, the court must appoint counsel for the parent, unless the parent knowingly and intelligently waives the right to be represented by counsel. The court will not appoint the same counsel to represent both Kamryn Mirkin and her parent.

(3) The court may appoint either the public defender or private counsel. If private counsel is appointed, he or she will receive a reasonable sum for compensation and expenses, the amount of which will be determined by the court. That amount must be paid by the real parties in interest, but not by the minor, in such proportions as the court believes to be just. If, however, the court finds that any of the real parties in interest cannot afford counsel, the amount will be paid by the county.

(4) The court may continue the proceeding for not more than 30 days as necessary to appoint counsel and to enable counsel to become acquainted with the case. Dated December 17, 2015 Kim M. Bartleson, Clerk By: Natasha S, Deputy Clerk

12/24, 12/31, 1/7, 1/14 (15-257)

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
MATTHEW JAMES GOEHRING
CASE NO. CV150886
SUPERIOR COURT OF
CALIFORNIA, COUNTY OF
HUMBOLDT 825 FIFTH ST.
EUREKA, CA. 95501**

PETITION OF:
MATTHEW JAMES GOEHRING
TO ALL INTERESTED PERSONS:
Petitioner: **MATTHEW JAMES GOEHRING**

for a decree changing names as follows:

Present name
MATTHEW JAMES GOEHRING
to Proposed Name
MATTHEW JAMES JOHNSON

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a

hearing.
NOTICE OF HEARING
Date: February 1, 2016
Time: 1:45 p.m., Dept. 8
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: December 15, 2015
Filed: December 15, 2015
s/ Dale A. Reinholdtsen
Judge of the Superior Court

12/24, 12/31, 1/7, 1/14 (15-260)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00692**

The following person is doing Business as **ZAMORA'S FURNITURE**
Humboldt, 601 I St., Arcata, CA 95521
Carl E Scoles
2131 Union St., Eureka, CA 95501
The business is conducted by An Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

s/ Carl Scoles
This statement was filed with the County Clerk of Humboldt County on December 9, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

12/17, 12/24, 12/31, 1/7 (15-254)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00724**

The following person is doing Business as **HUMBOLDT GARDENS COLLECTIVE**
Humboldt, 835 Jensen Dr, McKinleyville, CA 95519
1862 Fickle Hill Rd, Arcata, CA 95521
Julian Montoya
1862 Fickle Hill Rd, Arcata, CA 95521
The business is conducted by An Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

s/ Julian Montoya, Managing Owner
This statement was filed with the County Clerk of Humboldt County on December 23, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

12/31, 1/7, 1/14, 1/21 (15-263)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00693**

The following person is doing Business as **ANCIENT ALCHEMY**
Humboldt, 1059 Hays Rd, McKinleyville, CA 95519

Jennifer L Clayton
1059 Hayes Rd,
McKinleyville, CA 95519

The business is conducted by An Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

s/ Jennifer Clayton
This statement was filed with the County Clerk of Humboldt County on December 10, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

12/17, 12/24, 12/31, 1/7 (15-253)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00685**

The following person is doing Business as **NAKID IMAGINATION**
Humboldt, 3490 Lk Wood Blvd Apt D, Arcata, CA 95521

Andrew D Kovanis
3490 Lk Wood Blvd Apt D,
Arcata, CA 95521
Amanda K Kovanis
3490 Lk Wood Blvd Apt D,
Arcata, CA 95521
The business is conducted by A Married Couple.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

s/ Andrew Kovanis
This statement was filed with the County Clerk of Humboldt County on December 3, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

12/17, 12/24, 12/31, 1/7 (15-255)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00726**

The following person is doing Business as **SOMA YOGA INSTITUTE**
Humboldt, 23 South G Street, Arcata, CA 95521

PO Box 555, Arcata, CA 95518
Elizabeth Heffernan
23 South G Street,
Arcata, CA 95521

The business is conducted by An Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

s/ Elizabeth Heffernan, Owner-Sole Proprietor

This statement was filed with the County Clerk of Humboldt County on December 28, 2015

KELLY E. SANDERS
Humboldt County Clerk
By: L. Holman

12/31, 1/7, 1/14, 1/21 (15-264)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00727**

The following person is doing Business as **NATURALLY HUMBOLDT**
Humboldt, 2052 Old Arcata Rd, Bayside, CA 95524

Charis J. Arlett
2602 Sprint St., Eureka, CA 95501
Becky Gerstein
2052 Old Arcata RD,
Bayside, CA 95524
The business is conducted by A General Partnership.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

s/ Becky Ann Gerstein, Partner
This statement was filed with the County Clerk of Humboldt County on December 28, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

12/31, 1/7, 1/14, 1/21 (15-256)

RESTAURANTS, MUSIC, EVENTS, MOVIE TIMES, ARTS LISTINGS, BLOGS

m.northcoastjournal.com

Bookmark the URL and it's ready to go, right on your phone.



Legal Notices

Continued from previous page

FICTITIOUS BUSINESS NAME STATEMENT 15-00696

The following person is doing Business as **SUSHI BOAT**
Humboldt, 751 Fortuna Blvd,
Fortuna, CA 95540
Sushi Boat Buffet Corporation
C3844617
824 Crissy Way, Fortuna, CA 95540
The business is conducted by A Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Xingyou Huang, President
This statement was filed with the County Clerk of Humboldt County on December 11, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: S. Carns

12/31, 1/7, 1/14, 1/21 (15-261)

FICTITIOUS BUSINESS NAME STATEMENT 15-00728

The following person is doing Business as **NORTH COAST CARPET PROS**
Humboldt, 2204 Smith Lane,
Fortuna, CA 95540
Kyle L Ross
2204 Smith Lane,
Fortuna, CA 95540
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Kyle Ross, Owner
This statement was filed with the County Clerk of Humboldt County on December 28, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

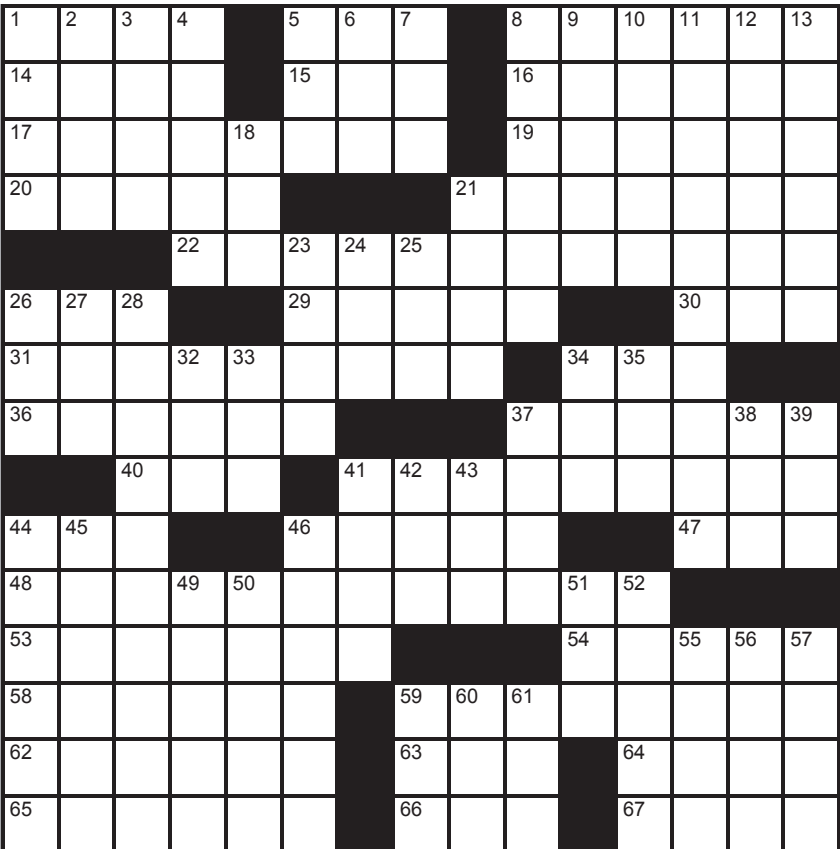
12/31, 1/7, 1/14, 1/21 (15-265)

FICTITIOUS BUSINESS NAME STATEMENT 15-00730

The following person is doing Business as **FAIRWIND PRODUCTIONS**
Humboldt, 2000 Doreen Drive,
Honeydew, CA 95545
PO Box 104, Honeydew, CA 95545
Michael E Kavanaugh
2000 Doreen Drive,
Honeydew, CA 95545
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Michael Kavanaugh, Owner
This statement was filed with the County Clerk of Humboldt County on December 29, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

1/7, 1/14, 1/21, 1/28 (16-003)

CROSSWORD by David Levinson Wilk



©2016 DAVID LEVINSON WILK

FINE

ANSWERS NEXT WEEK!

ncj COCKTAILCOMPASS

100+ BARS, 80+ HAPPY HOURS

NORTHCOASTJOURNAL.COM/COCKTAILCOMPASS

HAPPY HOUR COUNTDOWN TIMER • FIND CURRENT HAPPY HOURS
CLOSEST TO YOU • ROUTING DIRECTIONS • ONE-TOUCH TAXI DIALING



FREE / AVAILABLE ON iOS & ANDROID



ACROSS

1. "Dracula" star Lugosi
5. She plays Mia in "Pulp Fiction"
8. Yellowish-brown colors
14. Deuce follower
15. Use a laser on
16. January birthstone
17. 2008 Mary J. Blige hit
19. Aptly named monthly of the National Puzzlers' League, with "The"
20. When Macbeth kills Duncan
21. Los _____
22. 1989 Indigo Girls hit
26. Floor
29. Director Capra
30. '60s antiwar grp.
31. 1964 Beatles hit
34. "Poppycock!"
36. Puts on, as a show
37. Don't aspire to much

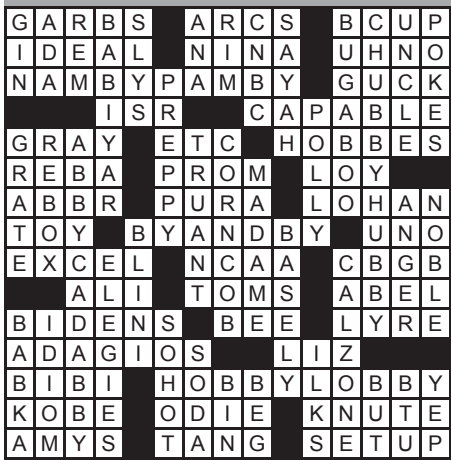
40. Vladimir Putin's former org.
41. 1963 Chiffons hit
44. Collision sound
46. Jonas Salk, his wife and their children were among the first to receive the vaccine for this in 1952
47. Casual shirt
48. 1936 Fred Astaire hit recorded by Billie Holiday in the same year
53. Arranged in a row
54. Tennis _____
58. Hospital item
59. Tweak ... or any of five answers in this puzzle
62. Fatty acid salt
63. "We _____ the 99%"
64. "The Lord of the Rings" creatures
65. Confuses
66. Turner of U.S.

- history
67. Opposite of "da"
DOWN
1. Cabo's peninsula
2. Part of NEA: Abbr.
3. It's just one thing after another
4. Shenanigan
5. Assault weapon named for its designer
6. One seen on the right side of a "March of Progress" illustration
7. One seen on the left side of a "March of Progress" illustration
8. Tommy Lee Jones' role in "Men in Black"
9. Tropical fruit
10. Lawyer's writing
11. Class with Dickens or Donne, say
12. Patch again

13. Equilibria
18. Chick-____-A
21. Duncan who resigned from Obama's cabinet in 2015
23. Does away with
24. _____ Lanka
25. Suffix with Caesar
26. "America's Dairyland": Abbr.
27. O'er and o'er
28. Like someone with an IQ of room temperature
32. Easter _____
33. Syr. neighbor
34. Kind of lab
35. Big inits. in bowling
37. John Irving's "_____ of the Circus"
38. Vending machine insert
39. Pint-size
41. Earring style
42. Tree in many street names

43. Singer of the 2014 hit "Chandelier"
44. Spanish discoverer of the Pacific, 1513
45. Off course
46. Fruit featured in Sunsweet ads with the slogan "Today the Pits, Tomorrow the Wrinkles"
49. Country whose flag's triangles represent the Himalayas
50. Computer hookup?
51. Letter in a copyright symbol
52. John with an Oscar and a Tony
55. Put six feet under
56. Grimm start?
57. Kim Kardashian
59. Enthusiast
60. Glass of "This American Life"
61. Catchy thing?

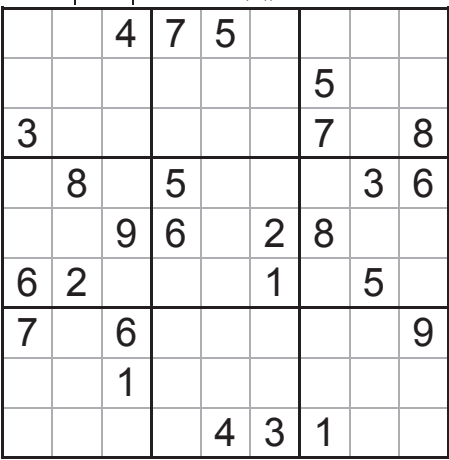
LAST WEEK'S ANSWERS TO BY AND BY



su | do | ku

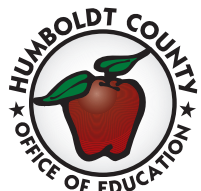
© Puzzles by Pappocom

MEDIUM #58



www.sudoku.com

Opportunities



EDUCATION: EQUAL OPPORTUNITY TITLE IX

For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at www.humboldt.k12.ca.us and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online. For more information call 445-7039. (E-0625)

AMERICAN STAR PRIVATE SECURITY. Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262. (E-0107)

CAREER TRAINING: New Year, Aviation Career - If you're a hands on learner, you can learn to fix jets. Career placement, financial aid for qualified students. Call AIM 866-231-7177 (E-0107)

HOME CAREGIVERS PT/FT. Non-medical caregivers to assist elderly in their homes. Top hourly wages. (707) 362-8045. (E-0107)

NEW YEAR, NEW AIRLINE CAREERS - Get training as FAA certified Aviation Technician. Financial aid for qualified students. Career placement assistance. Call Aviation Institute of Maintenance 800-725-1563 (AAN CAN)

County of Humboldt PROBATION DEPT. ADMIN. ANALYST II \$3,807-\$4,886 Monthly (Plus Benefits)

The Humboldt County Probation Office is looking for an experienced analyst. The ideal candidate will have a good understanding of corrections and justice system processes and professional experience with legal interpretations, grant writing, databases, and quality improvement plans.

Candidates must be able to pass a comprehensive background check. Desired experience includes a four year college degree with coursework in business, public administration, or related field and two years of professional experience in administrative, management, or similar analyses.

Filing deadline: January 20, 2016. Apply online at www.humboldt.gov/hr AA/EOE.



LABORERS

Must have previous production type manual labor experience in an outdoor climate. Applicant must be able to lift/pull 50 lbs repetitively and shovel for long periods of time. Must possess good communication skills and be safety minded. Sawmill experience a plus but not required. Must be at least 18 years. **We will be accepting applications Saturday, 01/16/16 between 8-10 am only at Sierra Pacific Industries, 2593 New Navy Base Road, Arcata.** Sierra Pacific is located approximately 3 miles from Eureka or Arcata on Hwy 255. Everyone who applies will be given a short interview. We are a drug and tobacco free work place. A verifiable Social Security Number is required. An Equal Opportunity Employer, including disabled and veterans.



United Indian Health Services, Inc.

Application deadline: January 16, 2016

Diabetes Program Manager

Implements prevention efforts in community and provides clinical coordination with medical providers Arcata/Full Time

Nutrition Manager/Dietician

Manager nutrition programs which educates and promotes Health and wellness throughout the Community. Arcata/Full Time

Medical Provider - MD/DO or FNP/PA

Provides general medical care and treatment to patients in medical facility such as a clinic, health center, or public health agency. Smith River/Del Norte/Full Time/Open Until Filled

OB/NA-AS Coordinator-Clinical Nurse

Manages Obstetrics Program working closely with Providers. Arcata/Full Time

Lab Assistant

Perform specimen collection and routine diagnostic test with supervision. Humboldt/Del Norte Full Time/Per-Diem

Clinical Nurse/RN

Arcata/Weitchpec Full Time Del Norte/Humboldt Part Time Provide appropriate sensitive care.

Medical Assistant's

Weitchpec/Arcata/Fortuna ~ Assists with examination and treatments must be injection certified with a current BLS. Job description & salary range posted on website. Full Time/Per Diem

Electronic Health Records Technician

Trains and coordinates staff using Electronic Health Records. Tracks training of staff in education plans for EHR. Arcata/Full Time

Nutritionist

Del Norte-Responsible for Nutrition therapy of UIHS clients

Facilities & Safety Program Technician

Assist the Facilities Manager, staff training, Safety Program Officer & various activities

Marketing Specialist

Produces publications, brochures and Marketing projects. Maintenance of Organizations Website and social media. Arcata full time

Grants & Contracts Analyst

Assists with development and preparation and submittal of grant applications. Monitoring, reporting And budgeting Arcata full time.

Employment application available online at www.uihs.org. Email application, cover letter and resume to UIHS-Recruiting@crihb.org

Serving the Native American Community since 1970.

In accordance with PL 93-638 American Indian Preference shall be given all: applicants welcome.



CITY OF FORTUNA COMMUNITY SERVICES OFFICER-FIELD CSO

(TWO (2) POSITIONS), PART-TIME (25 HOURS PER WEEK), \$14.74 TO \$17.91 PER HOUR.

Performs routine supportive police duties, such as Parking Enforcement, Animal Control, Receptionist Tasks, Evidence Tracking, minor reports and other related work as required within assigned department.

Must be 18 and have current CDL. Background Required.

Job description and required application available at, City of Fortuna, 621 11th St., 725-7600 or www.friendlyfortuna.com.

Applications due by
January 15, 2016 at 4pm.

open door Community Health Centers

BEHAVIORAL HEALTH INTEGRATED PROVIDER

1 F/T Eureka

DENTIST

1 F/T Eureka

DESKTOP SUPPORT TECHNICIAN

1 F/T Arcata

DIETICIAN

1 F/T Eureka

LAB ASSISTANT

1 F/T Crescent City

LCSW

1 F/T Eureka

LVN/ MA

1 F/T Crescent City

MEDICAL BILLER

1 F/T Arcata

MEDICAL ASSISTANT

1 F/T Fortuna

REGISTERED DENTAL ASSISTANT

2 F/T Eureka

REGISTERED NURSE

1 F/T Willow Creek

1 F/T Fortuna

RN CLINIC COORDINATOR (Supervisor)

1 F/T Arcata

RN-OPERATIONS

1 F/T Eureka

RN- TRANSITION & CARE COORDINATOR

1 F/T Eureka

SITE ADMINISTRATOR

1 F/T Arcata

Visit www.opendoorhealth.com to complete and submit our online application.



The Hoopa Valley Tribe is accepting applications to fill the following vacant position

Water Treatment Operator II

Hoopa Valley Public Utilities District; Reg. F/T; Salary: DOE. Work hours 40 +; typically Monday through Friday with rotating weekends. **Qualifications:** Must possess Grade II Water Treatment Operators Certifications; Must possess a Distribution II Certification; Must have a valid CDL and be insurable. **DEADLINE:** January 15, 2016.

Submit applications to the Human Resources Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546 or call (530) 625-9200 ext. 15. The Tribe's Drug and Alcohol Policy and TERO Ordinance apply.



BLUE LAKE
CASINO • HOTEL

Looking for fun and friendly people to fill a variety of positions.

CURRENT JOB OPPORTUNITIES: Line Cook, Cocktail Server, Cashier, Maintenance Tech., Player's Club Host & Security Officer

To apply, simply visit the Human Resources office at the casino. For directions, current listings and other information visit www.bluelakecasino.com & click "Careers"



**Redwood Community
Action Agency**

"Empowering People, Changing Lives since 1980"

PROJECTS COORDINATOR

Natural Resource Services. F/T with great benefit package, \$23-\$28/hr. D.O.E.

Deadline 1/15 by 5 pm.

Go to www.rcaa.org for job description & required application.



CITY OF FORTUNA POLICE DEPARTMENT, RECORDS CLERK

(TWO (2) POSITIONS), PART-TIME
(25 HOURS PER WEEK), \$13.92
TO \$16.91 PER HOUR.

Perform a wide variety of office support work for the City's police department programs; data entry; organize files; receptionist duties; provide a variety of information to the public about the department, its policies, programs and services; and to do related work as required within assigned department. Must be 18 and have current CDL. Background Required.

Job description and required application available at, City of Fortuna, 621 11th St., 725-7600 or www.friendlyfortuna.com.

Applications due by
January 15, 2016 at 4pm.



Southern Humboldt Community Healthcare District is now accepting applications for:

ADVANCED PRACTITIONER

Full or Part Time Position. Current California Family Nurse Practitioner or Physician's Assistant License Required.

CLINICAL LAB SCIENTIST

Full Time Position. California Clinical Laboratory Scientist. Chemistry, hematology, UA, coagulation and blood bank experience required. Includes shared call.

ADMIN ASST/MED STAFF COORD/BOARD SEC

Full Time Position. The Position assists the Administrator by performing various assigned functions including executive duties requiring ability to work independently and to maintain compliance with regulatory and licensing agencies. Associate Degree preferred. Minimum five years secretarial experience required. Computer literacy required.

INFECTION PREVENTION/EMPLOYEE HEALTH/QUALITY ASSURANCE

Full Time or Part Time Position. Position includes, but is not limited to, infection monitoring and reporting, infection risk assessment and prevention, policy and procedure development, staff education, and outbreak management. Employee Health role includes, but is not limited to, new employee and annual health assessments, immunization programs, exposure management, and safe patient handling programs. Must be able to communicate clearly, verbally and in writing to interface with employees, medical staff, and state, local, and federal health departments and programs. BSN preferred. Certification in Infection Control (CIC) preferred, but willing to train the right candidate.

REGISTERED NURSE

Full Time, Part Time, or Per Diem Position. Current RN License and CPR certification required. Work 12-hour shifts in our critical access emergency room.

LICENSED VOCATIONAL NURSE

Full Time position. Current LVN license and CPR certification required. Work 12-hour shifts in our 8-bed skilled nursing facility or 8-hour shifts in our out-patient clinic.

CERTIFIED NURSE ASSISTANT

Full Time, Part Time, or Per Diem Position. Direct Patient Care, activities with the residents/patients. Must possess CNA Certificate and CPR Certification.

*Full Benefits package to Full Time Employees:
Paid Time Off (PTO), medical, dental, vision, life insurance, retirement plan with employer match and discounted local gym membership.

Health Insurance for Part Time Employees
*Shared housing available between shifts

Visit www.shchd.org for more information and to apply
Or call (707) 923-3921 ext. 230



ASSISTANT TEACHER-BLUE LAKE

Assist teacher in the implementation and supervision of activities for preschool age children. Minimum of 6-12 ECE units and 6 months experience working with young children. **Part-time;** school-year ; M-F 20 hrs/week. \$10.07-11.11 per hour.

Review Date: January 8, 2016

Submit application, resume & cover letter to:

Northcoast Children's Services
1266 9th Street, Arcata, CA 95521

For additional information, please call 707-822-7206 or visit our website at www.ncsheadstart.org



**Redwood Community
Action Agency**

"Empowering People, Changing Lives since 1980"

PROJECTS COORDINATOR

Volunteer Income Tax Assistance Project.
\$15/hr. F/T temp through April 30th.

Go to www.rcaa.org for job description & required application.

RESTIF CLEANING SERVICE

ACCEPTING APPLICATIONS FOR
Window Technicians
And

Cleaners/Maid Service
Email resume to Pamela@restif.com



**Come join Mad River
Community Hospital and
enjoy the satisfaction of
working with a team.**

Yes, you can be happy at work....here. If you have to work, why not do so with some of the best in the business. We are looking to hire a **Registered Nurses, Ultrasound Technician** and other positions.

Look on our web site for openings:
www.madriverhospital.com



LOOKING TO JOIN A DYNAMIC TEAM?
FULL-TIME, ON-CALL LPT, LVN POSITIONS AVAILABLE
Are you an LPT/LVN looking for additional hours?

Apply at
Crestwood Behavioral Health Center,
2370 Buhne St, Eureka

www.crestwoodbehavioralhealth.com/eureka.html

**Share your heart, Share your home.
Become a mentor today.**

Would you like to do something meaningful this year?

- Gain Financial security • Help someone in need
- Be part of something important and meaningful

California MENTOR is seeking caring people with a spare bedroom to support adults with special needs. Receive a competitive tax-exempt monthly stipend and ongoing support while working from the comfort of your home.

California
MENTOR
Family Home Agency

317 3rd Street, Suite 4
Eureka, CA 95501

Call Sharon at 707-442-4500 ext. 16 or visit MentorsWanted.com



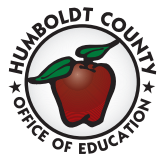
United Indian Health Services, Inc.

Lactation Consultant

We are looking for a subcontractor for breast feeding training and support to UIHS Staff and WIC participants. 25 hours per month \$30 per hour.

Employment application available online at www.uihs.org. Email application, cover letter and resume to UIHS-Recruiting@cuihb.org

Serving the Native American Community since 1970. In accordance with PL 93-638 American Indian Preference shall be given.



Humboldt County Office of Education

Principal Account Technician

FT, 7.5 Hrs./Day, 12 Mo./Yr., 260 days.
\$2715.48-\$3462.98/Mo., \$16.71-\$21.31/Hr. Starting Salary DOE.

Qualifications: Requires 5 years of experience in fiscal records preparation and maintenance and competency in spreadsheet and software applications. Eligible for H&W Benefits, PERS.

Applications available at HCOE or online:
www.humboldt.k12.ca.us

Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For questions contact Kathy Atkinson at katkinson@humboldt.k12.ca.us or call (707) 445-7039. **Closes: 1/13/2016, 4 PM**



The Hoopa Valley Tribe is accepting applications to fill the following vacant position

Vocational Rehabilitation Counselor

Hoopa-Yurok Vocational Rehabilitation Program, Ed. Dept.; Reg. F/T; Salary \$36,540.00-\$38,570.00/yr.; **QUALIFICATIONS:** Bachelor's Degree in Voc. Rehab. Counseling, Guidance Counseling; Psychology, Sociology, or Social work. Master's Degree in any of these disciplines is strongly preferred; 2 yrs. of social work experience; knowledge of Tribal Gov.; Federal Regs., Computer Literate mandatory; Must pass a full background check. **DEADLINE: JANUARY 8, 2016.**

Vocational Rehabilitation Program Manager

Hoopa-Yurok Vocational Rehabilitation Program; Reg. F/T; Salary \$47,200.00/yr.; **QUALIFICATIONS:** Bachelor's Degree in Voc. Rehab. Counseling, Guidance Counseling, Psychology, Sociology or Social Work. A Master's Degree in any one of these disciplines is strongly preferred; 2 yrs. of social work experience; 2 yrs. experience in management of social or human services program; Knowledge of Tribal Gov. and Federal Regs., Computer Literate preferred; Understanding of local Native American cultural heritage is vital; CDL and be insurable; Must pass a full background check. **DEADLINE: JANUARY 8, 2016.**

Submit applications, job information contact the Human Resources Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546 or call (530) 625-9200 ext. 15. The Tribe's Drug and Alcohol Policy and TERO Ordinance apply.



KITCHEN & HOUSEKEEPERS

Want your job to be meaningful?

On-Call to join team at behavioral health center.

Cook \$11.31/hr
Housekeeping \$10.14/hr
EEO/AA/Minority/F/Vet/
Disability Employer.
2370 Buhne St, Eureka



Full-time Licensed Clinical Social Worker (LCSW)

Redwoods Rural Health Center seeks a LCSW to provide integrated behavioral health services for clients in Redway. Works closely with the on-site medical providers, county case management, and specialty mental health.

This is a full-time position with paid time off, employer-sponsored health benefits, and Loan Repayment through the NHSC.

Full-time LVN/RN

Candidates must possess a current nursing license, as well as, clinical experience, strong triage skills, computer proficiency, and management abilities. RRHC is an EOE and offers a four-day work week, as well as, competitive compensation and benefit packages.

Interested and qualified candidates may apply at:
Redwoods Rural Health Center
101 West Coast Rd
P.O. Box 769,
Redway, CA 95560,
download an employment application from www.rrhc.org or contact RRHC at (707) 923-2783.

PLACE YOUR OWN AD AT:

classified.northcoastjournal.com



MARKETPLACE



SEQUOIA PERSONNEL SERVICES INC.

445-9641 • 2930 E Street Eureka, CA 95501
www.sequoiapersonnel.com



Carefree Caregiver Hiring

NON-MEDICAL CAREGIVER START AT \$12.00 PER HOUR

Submit Resume to:
dana@caregiverhire.com.
Application to:
www.caregiverhire.com
(707) 443-4473

Art & Collectibles



Fire Arts Center
520 South G Street across from the marsh
Arcata, CA 95521
www.fireartsarcata.com

Auctions

PUBLIC AUCTIONS

THURS. JAN 14TH 4:15 PM

INFO & PICTURES AT
WWW.CARLJOHNSONCO.COM

PREVIEW WEDS. 11 AM - 5 PM &
THURS. FROM 11AM TO SALE TIME

THURS. JAN 21ST 4:15 PM



3950 JACOBS AVE. EUREKA • 443-4851

Clothing



SEQUOIA PERSONNEL SERVICES INC.

445-9641 • 2930 E Street Eureka, CA 95501
www.sequoiapersonnel.com

FLASHBACK

Showing Mens Suits



"Clothes with Soul"

Merchandise

ALL ELECTRONICS HALF PRICE
at the Dream Quest Thrift Store
January 8-14. Where something wonderful happens every day:
Senior iscount Tuesday,
Spin'n'Win Wednesday, New Sale hursday, Friday Frenzy &
Secret Sale Saturday.
(530) 629-3006.

Miscellaneous

CASH FOR CARS: We Buy Any Condition Vehicle, 2002 and Newer. Nationwide Free Pick Up! Call Now: 1-888-420-3808
www.cash4car.com (AAN CAN)

Sporting Goods

Carry/Conceal Weapons Classes

Indoor Range
Guns & Ammo
Gun Rentals
INSTRUCTION AVAILABLE



Open Tues-Sun (closed Monday)
Open Thurs Eve Until 8:30
1327 5TH STREET EUREKA
442-6312

RESTAURANTS, MUSIC, EVENTS, MOVIE TIMES, ARTS LISTINGS, BLOGS

m.northcoastjournal.com

Bookmark the URL and it's ready to go, right on your phone.



Art & Design



ART CENTER FRAME SHOP

616 Second St.
Old Town Eureka
707.443.7017

artcenterframeshop@gmail.com

Auto Service

ROCK CHIP? Windshield repair is our specialty. For emergency service CALL GLASWELDER 442-GLAS (4527), humboldtwindshieldrepair.com (S-0324)

Cleaning



CLARITY WINDOW CLEANING.
Services available.
Call Julie 839-1518. (S-0106)

Computer & Internet



Macintosh Computer Consulting for Business and Individuals

Troubleshooting
Hardware/Memory Upgrades
Setup Assistance/Training
Purchase Advice
707-826-1806
macsmist@gmail.com

Garden & Landscape

PROFESSIONAL GARDENER.
Powerful tools. Artistic spirit. Balancing the elements of your yard and garden since 1994. Call Orion 825-8074, www.taichigardener.com




HIGHER EDUCATION FOR SPIRITUAL UNFOLDMENT.
Bachelors, Masters, D.D./Ph.D., distance learning, University of Metaphysical Sciences. Bringing professionalism to metaphysics. (707) 822-2111 (MB-1231)

MASSAGE THERAPY AVAILABLE Massage therapy available with a Certified Massage Therapist at Dr. Marshall's office in Eureka every Friday from 9:00 am to 1:30pm. Schedule online through Dr. Marshall's website: www.drmarshalloffice.com or call the office at 445-5900. (707) 445-5900

Eureka Massage and Wellness
2115 1st Street • Eureka at the end of V Street
Swedish, Deep Tissue, Shiatsu and more!
Please call for an appointment.
798-0119
www.facebook.com/EurekaMassageandWellness
CA Cert. #59861

Loving Hands, Institute of Healing Arts

MASSAGE THERAPY
Private Practice,
CA State Licensed School,
Continuing Education,
Career Training in
Holistic Health Education
Mon.-Fri. 11 a.m. to 7 p.m.
Sat. 10 to 5; Sun. 1 to 5
725-9627
739 12th St., Fortuna
www.lovinghandsinstitute.com


Treating Bulimia, Anorexia, Binge-Eating.
Kim Moor, MFT
#37499
Call 441-1484

NORCAL HEALTH CARE
NORCALMD.COM
4677 VALLEY WEST BLVD.
ARCATA
707-822-5244

MEDICAL CANNABIS EVALUATIONS

FACILITATING PATIENT
USE OF MEDICAL
CANNABIS FOR OVER
10 YEARS.

MICHAEL D. CAPLAN, M.D.
GARY W. BARSUASKAS, N.P.

CALL FOR
WALK-IN AVAILABILITY
VETERAN//SENIOR//SSI/Discounts

24/7 VERIFICATION BY
WHOLELIFE MEDICAL
SYSTEMS

confidential & compassionate
**MENTION AD
FOR DISCOUNT**

TAI CHI
with Margy Emerson
1049 C Samoa Blvd., Arcata
(K St. & Samoa)

**10-Week Term
Starts Jan. 12**

**2 Programs
for Beginners:**

- Traditional Wu Style
- T'ai Chi for Back Pain and Arthritis
(Chen style and Combined 42 Forms are ongoing)

For schedule, fees, and
details on class content:
MargaretEmerson.com
or

822-6508
~Visit any class free~

Rachael Santsche
BSOH, RDHAP • CA License #528
Need your teeth cleaned?
Independent Dental Hygiene Practice
Accepting New Patients
No new patient exams or
x-rays required.
Schedule today
1085 I Street Suite 214
Arcata, CA • 845-3636
northcoastdentalhygiene.com

North Coast Medical

Diane Dickinson, MD



(707) 826-1165
northcoast-medical.com

**COMMUNITY
CRISIS
SUPPORT:**

**HUMBOLDT CO. MENTAL
HEALTH CRISIS LINE**
445-7715
1-888-849-5728

**HUMBOLDT DOMESTIC
VIOLENCE SERVICES**
443-6042
1-866-668-6543

**RAPE CRISIS TEAM
CRISIS LINE**
445-2881

**NATIONAL CRISIS
HOTLINE**
1-800 SUICIDE
(1-800-784-2433)

**NATIONAL SUICIDE
PREVENTION LIFELINE**
1-800-273-TALK

**SHELTER HOUSING
FOR YOUTH
CRISIS HOTLINE**
444-2273



**What's your
food crush?**

We're looking for the best
kept food secrets in Hum-
boldt.

Email your tip (Is it a burger?
A cookie? A fried pickle?) and
we'll check it out for the
Hum Plate blog.

Email
jennifer@northcoastjournal.com



**Winter Maintenance
SPECIAL!**

SEE DETAILS AT
WWW.LEONS-CARCARE.COM

**LEON'S
CAR CARE CENTER**

929 Broadway, Eureka
444.9636

Marketplace

Home Repair

2 GUYS & A TRUCK. Carpentry,
Landscaping, Junk Removal,
Clean Up, Moving. Although we
have been in business for 25
years, we do not carry a contrac-
tors license. Call 845-3087

Musicians & Instructors

**BRADLEY DEAN
ENTERTAINMENT.**

Singer Songwriter. Old rock,
Country, Blues. Private Parties,
Bars, Gatherings of all kinds.
(707) 832-7419. (M-1231)

GUITAR/PIANO LESSONS.
All ages, beginning &
intermediate. Seabury Gould
(707) 444-8507. (M-0324)

BONGO BOY
Studio Recording & Mixing
CD Mastering, Package Design
Tapes/ LP/ Cassette/ videotape
transferred to CD / DVD
24 track remote recording
Professional Engineer
e-mail: bongoboycd@sbcglobal.net
bongoboystudio.com
Celebrating 13 years in Humboldt County!
(707) 839-5090

PIANO LESSONS. Beginners, all
ages. Experienced. Judith Louise
476-8919. (M-1231)

Other Professionals

CIRCUS NATURE PRESENTS
**A. O'KAY CLOWN
& NANINATURE**
Juggling Jesters
& Wizards of Play
Performances for all ages.
Magical Adventures
with circus games
and toys Festivals, Events
& Parties
(707) 499-5628
www.circusnature.com

**EDITOR/VIRTUAL ASSISTANT/
WRITING CONSULTANT**
Jamie Lembeck
Price Varies (808) 285-8091
jfaolan@gmail.com

SOMEDAY SERVICES
LAURA PATTERSON
PROFESSIONAL ORGANIZER
HUMBOLDT
Free Evaluation. Fair Rates
Compassionate, Strong
Confidential.
(707) 672-6620
Laura@SomedayServices.com
www.SomedayServices.com



**WRITING
CONSULTANT/EDITOR.**
Fiction, nonfiction, poetry.
Dan Levinson, MA, MFA.
(707) 443-8373.
www.ZevLev.com

IN-HOME SERVICES

We are here for you

Registered nurse support
Personal Care
Light Housekeeping

Assistance with
daily activities
Respite care
& much more

insured & bonded

**Humboldt
Caregivers**

Serving Northern California
for over 20 years!

TOLL FREE
1-877-964-2001

**KNIFE
SHARPENING**

Knives • Blades • Shears
Trimmers • Custom Orders
Pick Up and Drop Off:

ARCATA: All Under Heaven
Arcata Plaza, 825-7760

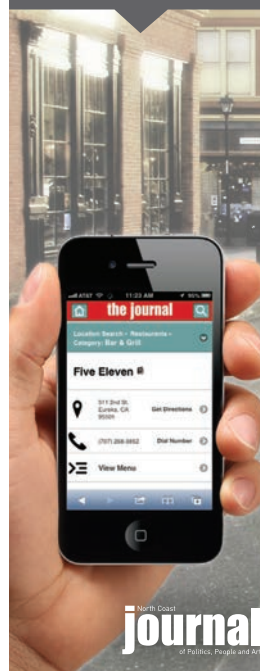
EUREKA: Little Japan
Henderson Center, 798-6003

HARVEY'S SHARP-N-THINGS
707 616-7022

HUNGRY?

m.northcoastjournal.com

Search nearby locations, by
neighborhood, type of food,
price or even those that
feature local ingredients.



Real Estate

HUMBOLDT PLAZA APTS.

Opening soon available for HUD Sec. 8 Waiting Lists for 2, 3 & 4 bedroom Apts.

Annual Income Limits:

2 pers. \$22,800; 3 pers. \$25,650;
4 pers. \$28,450; 5 pers. \$30,750;
6 pers. \$33,050; 7 pers. \$35,300;
8 pers. \$37,600

Hearing impaired:

TDD Ph# 1-800-735-2922

Apply at Office:

2575 Alliance Rd. Arcata,
8am-12pm & 1-4pm, M-F
(707) 822-4104



At the base of the
TRINITY ALPS
WILDERNESS AREA

Getaway in beautifully
furnished cabins, on
the Upper Trinity River.
Hike, bike, fish or just
relax in seclusion.

OPEN YEAR ROUND

(530) 266-3505
(510) 531-5315



northcoastjournal

PLACE YOUR OWN AD AT:

classified.northcoast
journal.com



HOUSING

Acreage for Sale
Apartments for Rent
Commercial Property for Sale
Commercial Space for Rent
Houses for Rent
Realtor Ads
Vacation Rentals

the LAND MAN OFFICE

315 P STREET • EUREKA



707.476.0435



Charlie Tripodi
Owner/
Land Agent
BRE #01332697
707.834.3241



Kyla Tripodi
Owner/Broker
BRE #01930997
707.834.7979



Katherine Fergus
Realtor/
Residential
Specialist
BRE# 01956733
707.601.1331



BERRY SUMMIT LAND/ PROPERTY \$3,200,000

12 legal parcels totaling ±2,240 acres only 30 minutes from Arcata! Property has convenient deeded access off of HWY 299 and Titlow Hill Road, scenic Redwood Valley views, and some parcels offer PG&E power. Water sources include creeks and natural spring fed ponds. Parcels have a variety of timber including Maple, Tan Oak, Cedar, Fir, Alder, Pine and Madrone. Several investment opportunities available.

DINSMORE LAND/ PROPERTY \$750,000

Two legal parcels totaling ±85 acres, just 30 minutes from the Dinsmore store! This property boasts open meadows, timber, year-round springs, a massive pond, and gorgeous views of Burr Valley. Also included is a completed 2 bedroom, 1 bathroom house as well as a large detached shop and additional barn! Both parcels have 2 points of entry and are great for hunting, grazing, and cattle. Owner may carry with \$300,000 down.



SMITH RIVER LAND/PROPERTY \$159,000

You are not going to want to miss the outstanding ocean views from this ±40 acre property! Property is made up of two separate parcels, ±20 acres each. With building sites, flats, a well and existing cabin all this affordable parcel is missing is you!

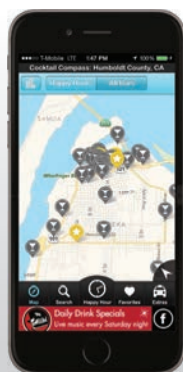
LEGGETT LAND/ PROPERTY \$275,000

±11 Acres of beautiful river front property! Enjoy your summers among old growth Redwoods, in your own swimming hole, and close to one of Mendocino's State Parks. This parcel is private, easy to access and has a building site waiting for you right by the water!



humboldtlandman.com

COCKTAILCOMPASS



100+ BARS
70+ HAPPY HOURS

NORTHCOASTJOURNAL.COM
/COCKTAILCOMPASS



**COMMUNITY
REALTY**
"An association of
independently owned
and operated real estate
brokerages"

2850 E St., Eureka
(Henderson Center),
707 **269-2400**
2355 Central Ave., McKinleyville
707 **839-9093**

communityrealty.net



The Endocannabinoid System

The Endocannabinoid System (ECS) is a system of Endocannabinoids and their receptors found throughout the body including the brain, organs, connective tissues, glands, and immune cells. This is the system that THC, the active ingredient in cannabis, interacts with. The discovery of the ECS in the human body is a recent phenomenon that has opened the door to understanding how the human body and cannabis interact.

Dr. Dustin Sulak of Interg8 Health of Maine, a specialist in medical cannabis, believes the main operation of this intricate system is to assist the body in maintaining homeostasis and

a healthy immune system. The human body creates a chemical called Anandamide (AEA) which is an essential fatty acid neurotransmitter. AEA is considered an endocannabinoid, meaning an internally created cannabinoid. AEA was discovered in 1992 by Dr. Mechoulam in Israel while researching THC and its interactions in the human body. AEA binds to the CB1 cannabinoid receptors found in the central nervous system and the CB2 cannabinoid receptors found in the periphery.

Anandamide influences eating behavior, sleep, and pain relief in humans. AEA has also shown to inhibit human breast cancer cell proliferation. The chemical is released in the human body in particular by high intensity work outs. Many individuals have experienced a "runner's high" after a long run. This is the interaction of AEA attaching to receptors throughout the body and inducing an analgesic effect.

Another standout category of research is in the process of autophagy. Autophagy is a normal physiological process that deals with destruction of cells in the body. Laboratory research has shown THC induces autophagic death of human cancer

cells. This observation has monumental potential application in the fight against cancer.

If you were to do a search on PubMed.gov for "cannabinoid" you will return 19,947 scientific journal articles! This is an exciting time for medical research around cannabis and the potential impacts the plant may have on our society. With responsible use, quality information, and safe products available to our community, many patients may benefit from the use of cannabis for improving their ailments or enhancing their well being.

As always, work with your primary caregiver when making decisions about the use of cannabis, and take time to discover the myriad of research available to patients! 🌿

The information presented in this article is not to be considered medical advice and is for informational purposes only. Always work with your primary care giver when making decisions about medicine use.



HPRC'S QUALITY CONTROL PARTNERS



humboldtprc.com

980 6th St. Arcata CA 95521

707-826-7988

Monday-Friday 10am-6pm

Saturday 11am-6pm